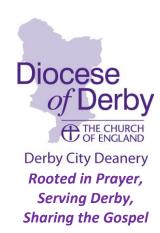
# Derby City Deanery NEWSLETTER

March 2021 #029



#### From the Acting Area Dean, Revd Dr Simon Cartwright:

**Dear Friends** 

There is a joke going around social media at the moment that says "Lent in a Lockdown? No thank you. My vices are the only thing keeping me sane right now!" Certainly, the very idea of giving up things for Lent seems so unfair. Especially, when so many of us have had to give up meeting extended family, having a coffee with friends or even something as simple as going shopping. We don't want to give up anything more.



But if we think about it, the whole idea of Lent is to give up the distractions of this life to give us new insights into what is important, recognising what we can let go and what is essential. Maybe in a year when we have already given up so much, we are already beginning to see what is truly important, and this has led to wonderings about the future.

I have been learning a lot during lockdown about prayer. The importance of taking time to slow down, to spend time with God at the beginning and end of each day. Not to reel off my wish list to some heavenly mail order in the sky. Rather to be quiet, and spend time in silence. Is this not the real reason for Lent? It is not really all about giving things up, it is about making more time to focus on our walk with God. This too can lead to more wonderings about the future.

Many of you will have heard that the Diocese has launched a new vision and mission for the next five years. "To see transformed lives: through growing church and building community as an expression of 'The Kingdom of God: Good News for All.'" This is not a vision for changing church for the sake of it. Nor is it about the diocese changing its structures yet again. It is a call to each of us individually, as a local church and together at the deanery and diocese, to take that time to wonder about the future. Taking the kingdom of God seriously and allowing his kingdom to shape our lives.

Can I then encourage you this Lent, not to give things up – we have more than enough of that – but instead to choose to take spend some time with God to wonder and to ask how can I allow the good news of the kingdom of God change me? And how will that impact my local church and help us rebuild our community as we come out of lockdown.

Have a blessed and prayerful Lent,

#### Simon

This bi-monthly newsletter comes from Derby City Deanery – the group of Anglican parishes which fall within the city boundary – and is for sharing around churches and communities.

NEXT DEADLINE: 5pm on Fri 30 April: material to jo.simister@derby.anglican.org please.

Acting Area Dean: Revd Dr Simon Cartwright revscartwright@gmail.com Deanery Administrator: Ms Jo Simister jo.simister@derby.anglican.org

#### **DEANERY ADMINISTRATOR'S NOTICES:**

Jo Simister, Deanery Administrator jo.simister@derby.anglican.org

## FIRST: A HUGE THANK YOU FROM JASON KENNEDY AND JO for everyone's efforts to complete the Stats for Mission input for 2020!

#### **SAFEGUARDING and DBS** [Disclosure & Barring Service]

From Hannah Hogg, the new Diocesan Safeguarding Adviser (hannah.hogg@derby.anglican.org) and Sue Griffin, Safeguarding Co-Ordinator (sue.griffin@derby.anglican.org)

#### **SAFEGUARDING TRAINING:**

Safeguarding training is comprised of the Core Pathway plus other training as required. **Basic Awareness** (formerly C0) and **Foundation** (formerly C1) modules can be completed via e-learning on the Church of England's national safeguarding training portal (<a href="https://safeguardingtraining.cofeportal.org/">https://safeguardingtraining.cofeportal.org/</a>). They must be renewed every three years at the highest level it was previously taken.

**Safeguarding Leadership** (formerly C2, C3 and Refresher training) is the next step of the Core Pathway. It should be completed by clergy, readers, churchwardens and other lay leaders, including PSOs. This training consists of some independent work, as well as two Zoom sessions of 90 minutes each. This must be repeated every three years. For more information, please see <a href="https://derby.anglican.org/en/about-us/safeguarding-information-menu/safeguarding-news/who-needs-to-have-safeguarding-training.html">https://derby.anglican.org/en/about-us/safeguarding-information-menu/safeguarding-news/who-needs-to-have-safeguarding-training.html</a>.

**Safer Recruitment** training is now delivered across the diocese and includes some input and information around the new DBS system and other elements to ensure that staff and volunteers are selected and supported appropriately. This is necessary training for clergy and lay leaders who are responsible for recruiting others to any roles within the church.

**Domestic Abuse** training is required for clergy, readers, PSOs and others who have significant pastoral responsibilities. We are converting the face-to-face module to be delivered by a Zoom session of 2.5 hours. This will be advertised once the work is completed.

**Coming soon ....** The new **Parish Safeguarding Officers Induction** is aimed at new and less experienced PSOs. Initially, this will be delivered in one Zoom session of around 2.5 hours. As soon as we are ready to deliver this training, we will let all PSOs know, as those with experience would also be welcome to attend.

**Training bookings** - Please could you direct those who need Safeguarding Training to the Diocesan website, found at <a href="https://derby.anglican.org/en/about-us/safeguarding-information-menu/safeguarding-news/who-needs-to-have-safeguarding-training.html">https://derby.anglican.org/en/about-us/safeguarding-information-menu/safeguarding-news/who-needs-to-have-safeguarding-training.html</a>

#### **DBS**:

We are currently training parish representatives for our streamlined DBS process which allows parishes to complete applications more efficiently. We have a helpful page on the website that includes application forms, information on completing the forms, help guides and FAQ: found at <a href="https://derby.anglican.org/en/about-us/safeguarding-information-menu/disclosure-and-barring-service-dbs.html">https://derby.anglican.org/en/about-us/safeguarding-information-menu/disclosure-and-barring-service-dbs.html</a>

Enrol on the DBS streamlining training by clicking <a href="https://www.eventbrite.co.uk/o/derby-diocese-safeguarding-team-11379402100">https://www.eventbrite.co.uk/o/derby-diocese-safeguarding-team-11379402100</a>

All parishes need to have this new process in place by 5th April 2021 - the training is straightforward and we are here to support you throughout.

#### PARISH SAFEGUARDING OFFICER [PSO] EVENTS:

We are pleased to be able to let you know that we have arranged two PSO events:

Saturday 24 April 9.30am – 12.30pm and Wednesday 12 May 1.30 – 4.30pm.

At the moment it seems likely that both events will be over Zoom and booking will be made available via Eventbrite.

We will be looking at updates around our key activity, IICSA and PCR2. In addition, we will be having a short presentation from Daphne Franks, who teaches Communication Skills and other courses at Leeds Medical School. She has a strong interest in safeguarding and identifying grooming because of her work, yet was unable to prevent her mother from suffering a predatory marriage in 2015. Daphne has been campaigning ever since to change laws and procedures to prevent such marriages happening to others.

#### 10 minutes to spare? A SHORT FILM:

If you have a few minutes to spare, perhaps you would like to follow the link below for a short film produced by the Derbyshire Safeguarding Adults Board on signs to look out for that an adult may be at risk: Identifying and Reporting Abuse and Neglect <a href="https://youtu.be/QTrmiJZ6yL8">https://youtu.be/QTrmiJZ6yL8</a>

A version with British Sign Language can be found at: Identifying and Reporting Abuse and Neglect (BSL version) <a href="https://youtu.be/6XzhPUfAVfl">https://youtu.be/6XzhPUfAVfl</a>



#### NEWS FROM AROUND THE DEANERY: THE JOURNEY COMMUNITY

From Rev Cath Hollywell: chollywell@btinternet.com

**The Journey Community** (a Fresh Expression of Church in Wilmorton, Derby) have been awarded the 'Luke 5 Award for Christian Disability Inclusion' by Through The Roof - a Christian Disability Charity.

We were nominated by Sarah Johnson who wrote, "I feel alive and valued for the disabled person I am in an embracing and encouraging way that resonates with the community's job of building bigger tables not bigger walls."

Whilst it being a wonderful honour, it's also made us think about being given an award for just welcoming someone because surely welcoming everyone everywhere regardless of abilities is what we do as Churches?

Well according to Through The Roof, apparently this isn't what we always do and there's a serious gap between our intention to welcome and the reality for many.

To help close this gap between our intentions and practices, Sarah and I have begun informal Zoom cuppas with anyone in parish or community leadership who also want to close this gap and enable all worshiping spaces to become genuinely welcoming places in which all may flourish.\*

(\* and it's not just about wheelchair access!)

Not that we're experts! More like we've learned some things & would like to support you in your learning to build bigger tables not bigger walls...

For further information check out https://www.throughtheroof.org/ and contact Rev Cath Hollywell@btinternet.com



#### **CHANGE OF PHONE NUMBER FOR ST ALKMUNDS:**

From Pat Mountford, Administrator, Pat@stalkmunds.org.uk

We have recently changed the telephone number for St Alkmunds Church, Derby to the following: 01332 737058. Would you please amend your records accordingly?

Please note that my current working hours are 8.30am – 1.30pm Monday, Tuesday and Thursday.

St Alkmund & St Werburgh Parish / 40 Kedleston Road / Derby / DE22 1GU;

Tel: 01332 737058; www.stalkmunds.org.uk

#### **FIVE MINUTES FOR A QUIZ CHALLENGE?**

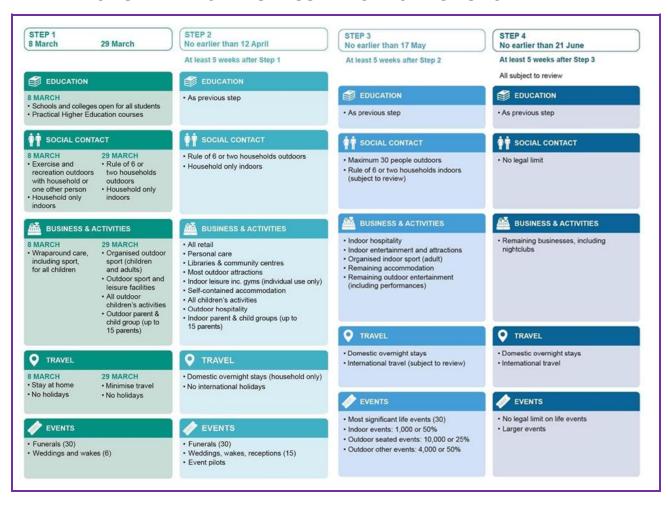


Why not try this quick 5 minute quiz to see how much you know about mental health? <a href="https://www.time-to-">https://www.time-to-</a>

change.org.uk/mental-health-quiz

And lots of resources at <a href="https://www.time-to-change.org.uk/resources">https://www.time-to-change.org.uk/resources</a>

#### **KEY DATES FOR RELEASE FROM COVID19 RESTRICTIONS:**



#### **DERBY CITY DEANERY: ROOTED IN PRAYER**



#### **GIVING THANKS FOR OUR VACCINES IN DERBYSHIRE:**

The Diocese of Derby is supporting an initiative by Christian Aid to give both thanks and a donation once they have received the vaccine.

As a direct result of the pandemic, many communities around the world

are still at risk from coronavirus and have no access to vaccines. Because jobs and livelihoods have been lost, many of our global neighbours lack the basics they need to protect themselves - like clean water and soap for handwashing.

The donation will be used by Christian Aid to help vulnerable communities around the world access soap, food and vital health information in the face of the pandemic.



Link to donate, and more info here:

https://derby.anglican.org/en/news/latest-news/giving-thanks-for-our-vaccines-inderbyshire.html

## Holy Week 2021



The chance to make a retreat, whatever your circumstances without needing to go away...

Retreat in Daily Life ONLINE

28th March-3rd April Holy Saturday, a

- It costs nothing.
  You don't have to go away and it fits around your life.
  You definitely don't need any experience.
  And you definitely don't need to be holy!

- You just need a curious heart....

People go on retreat for lots of reasons... life change, illness, big decision to make, or just because you like the idea of time to pray... time for you... time for God.

Each day in Holy Week Morning Prayer (9.30am / 10am) is led by the Journey Community and Evening Prayer (4.30pm) is prayed on Zoom and there will be a Eucharist on the Facebook page... you dip in or out as much as you want.

You meet each day with your retreat guide where, when and for however long works for you and they will enable you to do what you want... talk and issue through... try different ways of praying... read the bible, sit in silence... its different for each person and you set the pace and that's it!

We gather online as a retreat at the start and the finish, but apart from that it is up to you what services you want to attend... the point is the retreat fits around you.

THIS OPPORTUNITY IS MORE VALUABLE THAN EVER GIVEN THEYEAR WE HAVE HAD ...

If you want to know more, or wish to book a place, contact Fr Julian directly:

> fatherjulian@btinternet.com 01332 673 573 07530984137

Contact: fatherjulian@btinternet.com

#### WHITE CRUCIFIXION BY MARC CHAGALL

Marc Chagall (1887–1985) was a French artist born in Vitebsk, Russia (present-day Belarus), and is widely known for his stained glass windows and book illustrations, many on biblical themes.

The 1938 painting *White Crucifixion* represents a critical turning point for the artist Marc Chagall: it was the first of an important series of compositions that feature the image of Christ as a Jewish martyr and dramatically call attention to the persecution and suffering of European Jews in the 1930s.



In White Crucifixion, his first and largest work on the subject, Chagall stressed the Jewish identity of Jesus in several ways: he replaced the loincloth with a prayer shawl, his crown of thorns with a headcloth, and the mourning angels that customarily surround him with three biblical patriarchs and a matriarch, clad in traditional Jewish garb. At either side of the cross, Chagall illustrated the devastation of pogroms. On the left, a village is pillaged and burned, forcing refugees to flee by boat and the three bearded figures at bottom left—one of whom clutches a Torah—to escape on foot. On the right, a synagogue and its Torah ark go up in flames, while below a mother comforts her child. By

linking the martyred Jesus with the persecuted Jews and the Crucifixion with contemporary events, Chagall's painting passionately identifies the Nazis with Christ's tormentors and warns of the moral implications of their actions.

Ref: https://www.artic.edu/artworks/59426/white-crucifixion



We meet online via Zoom at present on the third Sunday of each month at 4.30pm

And you are invited

OPEN TABLE DERBY is part of a network of churches providing a space where LGBTQIA+ people, may feel safe and celebrated. If you want to know more visit the parish website <a href="www.stwerburgh.com">www.stwerburgh.com</a> or email: derby@opentable.lgbt

### RESOURCES FOR THE RECOVERY PHASE:



https://www.cpas.org.uk/browseeverything/resources-recovery-phase

CPAS has produced a wide range of free resources to enable church leaders to lead their congregations and communities through the recovery phase of the pandemic.

All their Covid19 resources are listed at https://www.cpas.org.uk/browse/info?k=CO VID-19

#### **DERBY CITY DEANERY: SERVING DERBY**

#### **UPBEAT COMMUNITIES**

#### https://www.upbeatcommunities.org/

Upbeat Communities has been welcoming refugees since 2005. Our heart is to welcome the stranger as Jesus has welcomed us. We want to see strangers become neighbours, whether they are newly arrived in the UK, going through the asylum process, or have been granted refugee status. Our founder, Karina Martin, started things off 15 years ago with a café run

upbeat communities

by and for refugees. Nowadays, we support those seeking refuge through a range of projects around welcome, empowerment and awareness.

This hasn't been easy since March 2020. Refugees, who already face such hardship, have had to deal with increased isolation and barriers to their well-being. We have been running most of our activities online, which has provided a vital avenue for people to stay connected.

#### Welcoming refugees



It is an extremely daunting experience to arrive in a new country, especially after a traumatic journey fleeing war or persecution. We offer a range of support to newly-arrived families and individuals, no matter where they are from. Pre-coronavirus, our volunteers delivered Welcome Boxes to people's houses, full of essentials, gifts and useful information.

"It was a box of magic! It gave access to many open doors." – Welcome Box Recipient

A huge barrier for many asylum seekers arriving in the UK is not being able to speak English, so we provide a range of English classes to improve people's English skills and help them integrate in their local community. Since COVID-19, we have done this on Zoom, but we hope to be opening our doors to face-to-face classes within the next few months.

We also hope to reopen opportunities for asylum seekers and local people to come together, through trips out, cultural visits, wellbeing sessions, sports, and community meals, to name a few.

#### **Empowering refugees**

We're always listening to those that we work with so we can best meet their needs. Our Host Derby project provides asylum seekers who are destitute with a place to stay, in the home of a host family. For those who have been given refugee status, we offer training and mentoring so that they can find work.

We run creative workshops and coffee mornings for refugee women; since lockdown, these have taken to Zoom, with a focus on well-being and mental health.



"Thank you guys for everything you are doing for the refugees community. Thank you for looking after us during this awful time and even during the normal times." — Upbeat Participant

We are also contracted to support families through the government Vulnerable Persons Resettlement Scheme, which enabled us to resettle over 100 Syrian refugees in 2019 and help them with everything from doctor's appointments to finding employment. We run Derby Language School, too, a great place for employment opportunities and a source of income for us as a charity.

#### **Raising awareness**



Refugees and asylum seekers can't feel welcomed without a welcoming society. We run events, training and volunteering opportunities to help promote understanding between cultures and provide opportunities for friendships to be built.

#### Zahra's story

When Zahra arrived in the UK having fled the Syrian War, she was four months pregnant. Wrenched away from family and friends, she was in a very low place.

Through the Vulnerable Persons Resettlement Scheme, Upbeat was able to support Zahra by helping her to register with her local GP, arranging and accompanying her to medical appointments, and applying for Healthy Start vouchers.

As part of our ongoing support, Upbeat make sure refugees understand how to access medical help independently in an emergency. When there was an emergency situation later in her pregnancy, Zahra was able to successfully call 111 and request an Arabic interpreter and the required medical help was provided for her immediately.

Zahra's delivery went smoothly and Upbeat staff were proud to be there when her beautiful son was born. Upbeat helped Zahra to register his birth, apply for child benefits, arrange vaccinations and find local toddler groups. It has been a privilege to have supported Zahra through such an important time in her life.

"My support worker is absolutely wonderful! She has contributed so importantly to my life and made me feel very welcome. I really appreciate the support that Upbeat Communities has given me." – Zahra, Upbeat Participant

#### How you can help

Our friends have felt the effects of isolation to an even more intense degree during the COVID-19 pandemic. We are so looking forward to opening up our doors later in the year, and we would love your prayers as we do so. Please pray for those who are vulnerable, that they would find community and belonging at Upbeat in these final months on Zoom and in the aftermath of the pandemic. Please pray we would have the finances to be able to run our projects again.

If you would like to make a donation towards our work, you would be so welcome to join our group of regular donors, without whom none of this would be possible. Or, you can make a one-off donation. Visit **upbeatcommunities.org/donate** for either option – thank you!

To keep in touch with what we're up to, you can sign up to our mailing list at **upbeatcommunities.org/supporter-signup**. You can also follow us on Facebook, Twitter (@Upbeat\_Updates) and Instagram (@upbeatcommunities).

# CELEBRATING SANCTUARY: WEEK OF ONLINE EVENTS (19TH APRIL TO 25TH APRIL)



More information at

https://cityofsanctuary.org/2021/02/02/celebrating-sanctuary-online-19th-to-25th-april/



It has been a challenging twelve months for everyone, and during these difficult times our movement has witnessed attacks on the right to seek sanctuary. Since the summer there was appalling media coverage and political scapegoating of people seeking sanctuary across the English Channel. As we know the negative media coverage is not new and there are often attempts to dehumanise the plight of the people in desperate need of sanctuary. We are acutely aware that media coverage is a major driver of negative public opinion, which then in turn

influences political narratives and contributes to the creation of a hostile and unwelcoming environment for people seeking sanctuary. Social media is an echo chamber for wider narratives and an organising tool for the far-right – we need to do more to escape that narrative and tell the positive stories of welcome.

We are inviting groups to hold a **'Celebrating Sanctuary'** online event during the week beginning 19<sup>th</sup> April to 25<sup>th</sup> April to:-

- Make a public declaration of support for sanctuary and promote the success story of City of Sanctuary
- Celebrate and promote the welcome offered to people seeking sanctuary across communities in all parts of the UK
- Celebrate the positive contribution that people seeking sanctuary have made to our communities
- Develop positive relationships with decision makers at local, national and UK level and raise their awareness of the welcome that is taking place in the communities they serve

We are encouraging groups to promote the positive stories of welcome from across their communities and to invite key influencers who have been involved in that welcome e.g. teachers, health professionals, faith leaders. We want decision makers to be aware of the broad based alliances and support that there is for people seeking sanctuary. As ever, in keeping with our network principles, people seeking sanctuary should be included as speakers and their contributions recognised, and of course also actively involved in planning and decision making.

We see the 'Celebrating Sanctuary' event as a pre-cursor to Refugee Week events (June) and the 70th Anniversary of the UN Convention Relating to the Status of Refugees (July). Moreover this could be a practice/planning event – in the hope that some face to face celebrations will be possible in the summer.

#### STORYBOOK SESSIONS WITH PILOT THEATRE:



Starting on Friday the 19th of February for six weeks, City of Sanctuary UK is developing and sharing a weekly storytelling video aimed at young children and families who are new to English. The Storybook Sessions are engaging pre-recorded videos, based on a classic children's storybook read by an actor from Pilot Theatre. The videos include language scaffolding and interactive games to make the books accessible for those learning English and will help to develop viewers' literacy and vocabulary in English.

If interested in receiving the links to the Storybook Sessions videos, please register at <a href="https://data.cityofsanctuary.org/story/session">https://data.cityofsanctuary.org/story/session</a> to receive the links. Those registered will receive a link to the video to their email accounts every Friday from the 19th of February until the 26th of March. The link to the video will be active for one week.

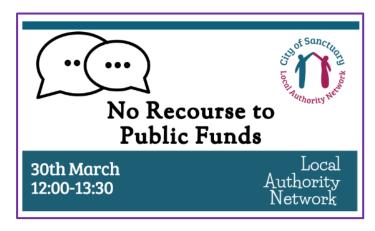
#### **HOMEWORK CLUB:**

City of Sanctuary UK's Homework Club takes place weekly on Wednesdays at 17.00 via Zoom and gives students aged 6-14 years old the opportunity to receive one-to-one support with homework and/or home learning materials. In the Homework Club, students are carefully matched with one of our volunteer tutors who they can meet virtually every week for guidance and support in completing their schoolwork, whilst tutors also provide consistent encouragement to combat disengagement and demotivation.

Do you know of a young person who might benefit from this support? Please discuss with their parent/carers and then email Megan at megan@uk.cityofsanctuary.org with the name of the student, their age, details of the subjects with which they most need help and their parent/carers' contact details.

#### NO RECOURSE TO PUBLIC FUNDS: 30th MARCH 2021:

The City of Sanctuary Local Authority Network is holding its first Thematic Network Meeting to discuss No Recourse to Public Funds (NRPF). The meeting will include a panel, chaired by NACCOM, which will share good practice collaborations between Local Authorities and the third sector. We would like to ask local groups who are in contact with their Local Authorities to encourage them to register for the event.





#### ONE HUNDRED THOUSAND WELCOMES:

We have launched the e-book version of **One Hundred Thousand Welcomes** for #World Book Day. This inspirational history of City of Sanctuary from its inception is told through a tapestry of stories from people across the UK including people seeking sanctuary. <u>Only £3.99 on Lulu and Amazon.</u>

Please help to promote this by sharing this link widely: https://cityofsanctuary.org/resources/a-hundred-thousand-welcomes/

#### **DERBY CITY DEANERY: SHARING THE GOSPEL**

## Thy Kingdom Come 2021

Thy Kingdom Come is an ecumenical prayer movement for evangelisation, uniting Christians in nearly 90% of countries worldwide from the Ascension to Pentecost.

On 9 March 2021, their team hosted a virtual launch event to unveil plans for this year's Thy Kingdom Come, taking place from 13-23 May.

Acknowledging that Britain is approaching the early stages of a phased return to socialising, after what has been an extremely challenging year, the aim is for Thy Kingdom Come to be a blessing and to serve the Church where the need is greatest; by providing free, spiritually nourishing resources for all, to deepen and refresh their faith.

Now in its sixth year, Thy Kingdom Come has grown from an initial call to prayer from the Archbishops of Canterbury and York to the Anglican Communion, to a worldwide ecumenical prayer movement uniting Christians from across 65 different denominations and traditions.

New resources for 2021 will include an 11-part children's video series called Cheeky Pandas (seen in the picture) – packed with Bible stories, prayers, animation, worship songs and interviews with special guests including CTE Pentecostal President Pastor Agu Irukwu and his wife Shola (Jesus House), adventurer Bear Grylls, CBeebies presenter Gemma Hunt and Revd Nicky Gumbel (HTB and Alpha), to name a few.

The video series (which will be available from early April onwards) can be used as part of church at home, gathered church (online and offline) and in school

assemblies. Similar to last year, the series will be the main content in the Family Prayer Adventure Map and App.



Light up the world

13th - 23rd May 2021

#### More information at:

https://www.cte.org.uk/Articles/604813/Home/News/Latest news/Thy Kingdom Come.aspx

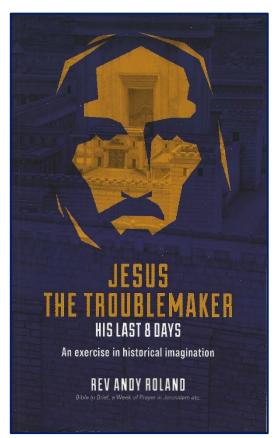
Do you know the story of how Thy Kingdom Come's logo came to be? Watch Emma Buchan, TKC Project Director, share a moving testimony of how God answered prayer. <a href="https://vimeo.com/257124555">https://vimeo.com/257124555</a>



#### **BOOK REVIEWS**

#### A DIFFERENT KIND OF HOLY WEEK BOOK: JESUS THE TROUBLEMAKER

'It was hot in the Jordan valley' begins Revd Andy Roland's latest book, which brings the Holy Week story to life in modern idiom, inspired by his childhood reading of comics. Here's a flavour:



'Out. Out. Out!' With a rapid two-handed lift he tipped the heavy table up, spilling all the silver coins over the Temple floor. He strode over to the next table. 'OUT!' he shouted, and tipped that table over too. Soon there was massive confusion, with the currency exchangers and the crowd scrabbling for coins on the marble pavement, and other pilgrims joining in the fun.

..... At each of the gates a traffic jam was developing as traders tried to bring their carts through the Temple as a short cut, only to be met be half a dozen muscled northerners who said, 'You're not going to bring that through here, are you, sunshine?' And then they couldn't turn round because the cart behind them was blocking their way. It was absolute chaos.

So join Jesus, or rather Yeshua, as he walks up to Jerusalem for his climactic confrontation with the Temple authorities. Discover his Jewish context through the daily dramatic encounters with friend and foe. Follow his journey from popular leader to condemned criminal. Orientate yourself with frequent maps and illustrations. Meet the real Jesus, the Troublemaker.

Kindle edition available now on Amazon, £3.60; paperback to follow.

#### RESURRECTION JOY: PICTURES FROM JERUSALEM





Ethiopian Orthodox dance in procession at midnight – celebrating Mary Magdalene searching for the body of Christ; Romanian Orthodox pilgrims at the Holy Fire ceremony

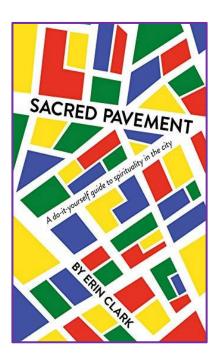
## SACRED PAVEMENT: A DIY GUIDE TO SPIRITUALITY IN THE CITY BY ERIN CLARK

From Simon Cartwright, St Thomas' Community Prior

Why do we emphasis escape in a spiritual retreat? Do we only find God in places of peace and quiet in the countryside? Can we find God in the noise of the city?

In this book, Erin Clark speaks about seeing God in the guise of the people we meet and how they grapple with life. She argues that we encounter God in the other especially in their diversity.

Erin Clark also talks about quiet spaces in the city – St Catharine's chapel in the cathedral is my place of quiet – hidden from the tumult of the city. But Erin Clark challenges us to spend time in the abandoned places of our city – seeing them as liminal spaces that help is with our confusion and change in our own lives. Spotting signs of God in the wild flowers growing in abandoned spaces.



Many of us seen a contemplative walk become part of our life during Covid – but does it have to be in a green space? Can we contemplate in the city? For instance, we reject the modern urban architecture – now derided as ugly and brutal. Erin Clark challenges us to only inhabit spirituality in the good times? Does walking around ugly or boring buildings enable us to see that God is there? To be honest and see God in the mundane as well as the inspiring?

In this book I found someone who shares my journey as she explores how cities have affected our spiritual journeys. I commend it to you.



#### EASTER GARDEN COMPETITION

After the success of last year's competition, St Peter and St Paul, Old Brampton is once again running its Easter garden competition. The competition is open to all ages and to everyone - wherever you live. Your Easter garden could be:

- a mini garden inside or outside
- window decoration
- model
- a picture

To enter please email a photo of your garden to Sue at <a href="mailto:obbells@oldbramptonchurch.org.uk">obbells@oldbramptonchurch.org.uk</a>. If you are aged 10 or younger please specify your age. Closing date: Easter Monday, 5 April 2021.

#### **BREATHING SPACE**

## WHERE ARE WE WITH 'BREATHING SPACE'?



It is quite a while since Deanery Synod approved 'Breathing Space'. Much has happened in the meantime, and it is clear there is need for some change of focus as the landscape has changed quite a lot since it was first set up in 2018.

In the first instance, we would like to gather some information. Deanery Synod member Linda Burgess (aka Mackay) has offered to contact parishes and these are the questions she will ask:

- 1. Has your parish been able to run any activities during lockdown?
- 2. What do you hope to develop as we come out of lockdown?
- 3. Do you perceive any of these as specifically supporting mental wellbeing? (see 5 Ways to Mental Wellbeing above . NB almost anything does, but do parishes perceive that they do?)
- 4. The deanery has a Breathing Space initiative which can offer a supportive workshop or discussion: would this be useful?
- 5. Had you heard of Breathing Space? How do you perceive it? What would you like from it?

Please do reflect on these questions for your parish. If you would like to contact Linda, the email is breathingspacederbygmail.com. We'll be sharing information about mental health awareness and support to activity leaders as a result of your input. *Thanks!* 



On 23 March 2021, it will be one year since the first UK lockdown. Since then, millions of people have been bereaved, both as a result of Covid-19 and due to other causes. The restrictions we've all been living under have meant that many people have had to grieve without the comfort of having friends and family around them.

Marie Curie has organised a National Day of Reflection to acknowledge grief and loss over the last year. The national Church of England is one of several organisations supporting it, and the Life Events team will provide some additional, bespoke resources for parishes to use if they want to join in.

There will be a minute's silence at 12 noon on 23 March to create a moment that shows support for the millions of people who've been bereaved. It might also be a day to connect with someone who is grieving. This might be in simple ways such as having a chat with them, sending a card, a message, or giving them some spring flowers.

A dedicated section has been created on the Church Support Hub website featuring a wealth of resources for Churches with details of how to get involved.

https://churchsupporthub.org/national-day-of-reflection-2021/

#### RECIPE

#### TAHINOPITTA OR TAHINI CAKE FOR LENT

From Jo Simister: the recipe is from Chrissa Paradissis' "The Best Book Of Greek cookery" of 1972..

Did you keep Veganuary? Or maybe you are contemplating a somewhat more austere Holy Week? Let me introduce you to my delicious staple vegan fruit cake – a Lenten treat.

"Tahinopitta" or tahini cake is a speciality of Greece, using sesame seed paste (tahini) – or peanut butter or similar. It contains no animal products at all, so is generally served during the Great Lent (seven weeks before Easter Sunday), a period of strict fasting when the faithful of the Orthodox Churches abstain from eating foods that contain blood (meat and fish) and products from animals with blood (eggs, cheese, milk, etc...)...

#### Here's my adaptation:

#### *Ingredients:*

225g Plain white Flour (or wholemeal or spelt, etc)1 1/2 Tsp Baking powder

1 1/2 1Sp Baking powde

1/2 Tsp Baking soda

1/2 Tsp Salt

1 Tsp Ground allspice

110g-120g Castor or brown sugar

75g Mixed Peel

100g Walnuts or similar, (e.g. pecans, hazelnuts) toasted and chopped

75g Raisins or sultanas

100g (1/2 cup) Tahini – or use smooth and creamy peanut butter

Rind of one Orange (or lemon), grated

220ml (1 cup) Orange juice (with the pulp if desired

110ml (1/2 cup) Water

Powdered sugar to dust when cool

#### Method:

- 1. Preheat oven to 180°C (350°F).
- 2. In a small bowl mix together the sieved flour, baking powder, baking soda, salt and allspice.
- 3. In a big bowl, mix the tahini\* with the orange juice add it slowly! and some of the water to obtain a thickish liquid mixture water. Reserve a little water see 5!
- 4. Add the sugar and grated rind. Mix well.
- 5. Gradually incorporate the dry ingredients until you obtain a smooth batter if it is stiff, add the remaining water, to get a soft consistency.
- 6. Then incorporate the nuts, raisins and candied orange.
- 7. Pour into a greased rectangular loaf tin.
- 8. Bake for about 50-60 minutes.
- 9. Let cool on a wire rack and sprinkle with powdered sugar.
- \* If the tahini has separated in the jar, stir it well until smooth.



DELICIOUS SLICED AND BUTTERED AS A TEABREAD – BUT THEN IT'S NO LONGER VEGAN!