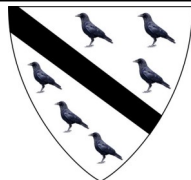


HIGH FRAMLAND NEWS



COVERING THE PARISHES OF

St Guthlac's, Branston : St Botolph & John the Baptist, Croxton Kerrial
St Michael & All Angels, Harston : All Saints, Knipton
St Peter's, Saltby : St Bartholomew, Sproxton

April 2020

PRIEST-IN-CHARGE

The Revd David Cowie,
The Rectory, 7 Sycamore Lane, Wymondham, LE14 2AZ
Tel 01572 789954 / 07377 873837 Email: revd.david.cowie@gmail.com

ASSOCIATE PRIEST

Revd Canon Julie Hutchinson
High Framland Rectory, 5 Croxton Lane, Harston, NG32 1PP
Tel 01476 870083 : Email: revdjulie@icloud.com

FROM THE PEN OF THE PARISH PRIEST



Dear Friends,

One of the biggest fears people are starting to talk about at this time when many of us are isolating ourselves is the loneliness. This might well be felt most keenly by those of us who live alone, but should not be underestimated even when we live in family units.

At times like these, people will need to find ways of staving off the loneliness and keeping in touch with others, even as they must maintain government advice and observe social distanc-

ing. Telephones are going to offer a lifeline in these times, as will social media, for those of us who have a computer or smart phone.

But we are not simply social beings - we are spiritual beings, too, and while we're all concerned for our physical health, we need to look after our spiritual health. This can be really difficult at a time when the Church of England has cancelled all public acts of worship. But there are a number of ways we can look after our spiritual health, especially at this time as we move from Lent and Passiontide into Easter.

The *Jesuits in Britain* have produced a wonderful website called *Pray As You Go*, which was originally created with busy people in mind. It's one I used for many years, having downloaded it as an app. It can be wonderful to find some time and space to listen to someone reading one of the portions of scripture for the day, with questions to help ponder the words and a piece of music to help reflections. Go to the following webpage to try it: pray-as-you-go.org.

You could, of course, follow the daily round of prayer offered by the *Church of England* online, if you'd like something with the potential to be a bit more rigorous. No need for a Bible or a prayer book - just go to the following webpage and everything will appear: www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer.

However we choose to feed our spiritual lives, it's important that we do take time to make sure we look after all aspects of our health, and that we take our spiritual health seriously. At times like these, we need one another more than ever, to reassure one another of our love. We have been created for connection - to

connect with God and to connect with one another.

That is the message of Easter, that God wants to connect with us through the Resurrection of Jesus. We just need to make sure that, even though our celebration of Easter this year will feel a little bit strange, we make time to connect, for it is the love we find in those connections that will cast our fear, and that brings us life.

David Cowie
Priest-in-charge

Due to present circumstances, all churches are now closed, and all events cancelled. Hopefully more information will be available for the next HF News.

CONTACTS

BRANSTON Jan Beckett, 01476 870823 Mary Bircham, 01476 870261

CROXTON KERRIAL Rosemary Jinks, PCC Secretary - 01476 870148

HARSTON Churchwarden: William Hurrell, 01476 870123

KNIPTON Acting churchwarden: Penny Foster, 01476 870427

Monday, 24th February - Celebration of the life of Inge Graham at Belvoir Chapel, with burial at Woolsthorpe by Belvoir. Inge was a long term resident in Belvoir village and a friend of many in the area.

SALTBY Churchwardens: - Sue Hill, 01476 860398, Jenny Tebb, 01476 562019

SPROXTON Churchwarden: - Malise Graham, 01476 860266
It is hoped to start the village hall lunches will start again on Wednesday, 9th September.

Sproxton Village Hall 50/50 winners
1st S Bagshaw : 2nd Simone : 3rd C Hodgson

Copies of this newsletter can be found at www.highframland.co.uk

Please would you pass any items for May by **SUNDAY, 12th APRIL**
to Sue Watford, tel 01949 861256; email SueWatford@aol.com