

Together as One

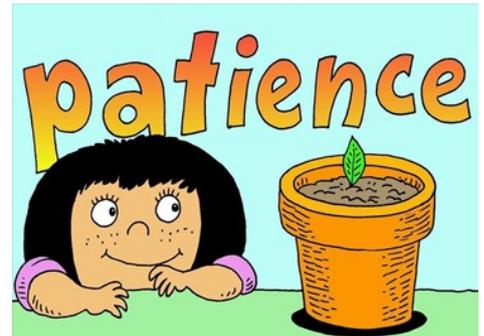
Newsletter of the Methodist Churches in Hungerford, Lambourn,
Newbury and Thatcham during Coronavirus Pandemic

Verses for the week

But the fruit that the Spirit produces in a person's life is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Galatians 5:22

Patients and Patience

Most of the time as I go about my work, everyday tasks and family life (even socially distanced or on a Zoom or Whatsapp video call) I can rustle up and manage most of the fruits of the Spirit most of the time to a greater or lesser degree. But there's one I struggle with more than the others – patience. I'm sure family and friends can tell you of instances when I've not been patient!



Some of you know I was a hospital patient having knee surgery just before Christmas. Due to Covid-19 I saw only two other patients whilst there for the day. How times have changed. What's all this got to do with the fruits of the Spirit, I hear you ask? Well, the past five weeks have been a bit of a struggle if I'm honest with you. I'd prepared everything (or as much as I could) for Christmas before my op on the 15th, I'd thought about the surgery and the few days after it; I knew Richard would be on hand when I needed him, but I'd failed to think much further ahead than that. I had failed to think about how long my recovery would be. I understood some people fully recover within six weeks, others three months and a few twelve months. You can imagine what I hoped for. Yes, definitely six weeks! It's been a bit of a shock five weeks post op to feel that it still hurts to walk up and down the stairs, to stand still for longer than a few minutes, and worst of all, that sleeping hasn't improved much so far. I've been doing my physiotherapy exercises, and I'm bored of them. During my time off sick I completed wordsearches, quizzes, caught up on all the TV programmes I'd recorded and now, here I am, impatient, that I'm not yet physically fully recovered.

Patience? I don't want to be patient, I want to be able to get back to normal, pre-knee injury activities. e.g. walking 5 miles at a good pace and running, although I've been told running is not recommended at any point in the future.

I believe God is yet again trying to teach me to be more patient: by getting me to slow down (because I can't go any faster at the moment!), to acknowledge that my knee will take time to heal (yes, I'll continue with my boring exercises. Yawn!) and perhaps He'll see that I can finally, one day, accept that patience is a virtue and that I can manage it. Just like so many of my school reports, I think God will continue to say to me for some time to come, "must try harder."

A new President of the United States has been inaugurated this week. Let us pray that the fruits of the Spirit are at the forefront of Joe Biden's mind as he leads his nation.

With my love and prayers, Karen.

Covid-19

Good News! The vaccination programme is being rolled out across the country and reports I've heard so far is that it's a pretty slick operation at Newbury Racecourse vaccination centre where many of us will be attending. I expect a goodly number of you will by now, have been invited to or have had your first Covid-19 vaccination. Remember! Keep a note of your 2nd dose appointment. I thought I'd share the following from the NHS/Public Health England leaflet given to you as you leave the vaccination centre, "Covid-19, What to Expect, Information for people who have had their first Covid-19 vaccination":

Will the vaccine protect me? The COVID-19 vaccine that you have had has been shown to reduce the chance of you suffering from COVID-19 disease. Each vaccine has been tested on more than 20,000 people in several different countries and shown to be safe. It may take a week or two for your body to build up some protection from the first dose of vaccine. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid infection. Some people may still get COVID-19 despite having a vaccination, but this should be less severe.

Can I give COVID-19 to anyone, now I have had the vaccine? The vaccine cannot give you COVID-19 infection, and a full course will reduce your chance of becoming seriously ill. We do not yet know whether it will stop you from catching and passing on the virus, but we do expect it to reduce this risk. So, it is still important to follow the guidance in your local area to protect those around you.

To protect yourself and your family, friends and colleagues you still need to:

- practice social distancing
- wear a face mask
- wash your hands carefully and frequently
- follow current Government guidance.

Hang on in there! A hug with your nearest and dearest or a car lift with a friend to do your shopping may still be a little way off, however, the time is getting nearer and that is something for which we can look forward to and be hopeful.

First signs of Spring

More good news! Snowdrops are opening up in our garden and the coal tits appear interested in our nest box. (We don't think they've roosted there so far this winter). What can you see or hear from your window? Snowdrops? Daffodils? Birds collecting nesting material? Grass growing? Daylight hours getting longer? A blackbird or a robin singing? Geese flying overhead? People chatting when out for their daily exercise? Take a few moments, be still, and give thanks to our creator God.



And finally

People who buy turf for their gardens don't have the patience to grow their own. They want instant grassification.

COVID-19 Guidance

Wash your hands, cover your face, make space.



HANDS



FACE



SPACE

#StaySafe