



## The Church Flowers



This lovely arrangement was in memory of Marilyn's Grandmother.

## Editorial

We are not keeping to any date at the moment, but just issuing the newsletter at the end of the month. I appreciate everything that comes my way to put into the newsletter, and if it is not in this month's it will be in next months.

The St Johns Website has been revitalised by Rev John Hayton. Newsletters back to January 2020 are now on display, plus the history of the Church, and lots more information. To reach the website you can click on this - [www.stjohnstenby.org.uk](http://www.stjohnstenby.org.uk) or feed it into Google.

## Shirley's birds

During lockdown I have been entertained by the birds coming into my garden, especially at the bird feeders first thing in the morning. I have had baby spotted robins, and sparrows, tits, finches, and blackbirds have all been feeding their babies. One woodpecker came for ages, and then I noticed another one coming at the same time, but no babies so far. The same with the Jays. Only one came first, now I have a pair. But two Bullfinches came together, and have raided the Old English Geranium plants for their seeds. It is amazing how quick baby birds become good feeders and flyers, and it is amazing how they open their mouths and fluttered their wings for

food when very young. We also have a family of 3 squirrels, and the baby one is cheeky!

We have all, I am sure, enjoyed our gardens and the life in them so much more during this lockdown time. When I was digging in my garden I found a shank button. It has a crown at the top and a flying eagle under it. Looking on the computer we found that it was an air force button. I wonder if it is from war time?

## Recipe of the month (a hint this time!) : Household Hint

To catch fruit flies in your kitchen, place an empty banana skin inside a plastic or glass container, cover with cling film and poke small holes in to it.

## The Church mouse says: Seven wonders

The seven wonders of the world are:- To see, To hear, To touch, To taste, To feel, To laugh, and to love.

## News of Members

We are all very proud to learn that our very own organist Mrs Sharon Lusher is the current High Sheriff of the county of Dyfed. This position is always given to a very notable person of the community, and it is a position that is held for only one year, and it entails representing the Queen on many important and official engagements. Her year began in April and as you can imagine with the current lock down very many of these engagements have been cancelled not just the ones missed during the last three months, but very many events that would call upon her attendance will not happen this year which will be of great disappointment to so many people. Even the completion of the official robes has been on hold so we can't include the official picture of her (but when we get one we will put it in a future newsletter)



Also Sharon is very disappointed that her audience with the Queen, in Buckingham Palace, which was scheduled for mid-May, has been abandoned.

We are all, I am sure thrilled to know that Sharon is so very highly thought of in the County of Dyfed that she should have been honoured with this very important office. And so, as we are slowly being released from lock down, we look forward to seeing her in the press and hearing all about Sharon's appointments and duties in which she will be involved.

And so, to Sharon, our very own member of St Johns and our brilliant organist, we all send huge congratulations on this very prestigious appointment.



## **78<sup>th</sup> birthdays**

Amongst St Johns congregation there is about 8 or so members who turn 78 this year starting in January and finishing in December. In two years time we will have a 80<sup>th</sup> party in the middle of the year to celebrate them all!

## **Pembroke Tabernacle**

Catherine Harris, the Secretary, has given me the following information. It is aimed at folk who don't have a computer, but interesting for everybody.

The Archbishop of Canterbury has launched a free Church line 0800 804 8044 for anybody who would like to listen, but it is not for talking to anybody, with options on prayers,

talks, and hymns which Catherine says are great to singalong to.

## **Something Carol B-T read somewhere.**

What's exciting about life is that every morning, offers a brand new day with unlimited possibilities. Yesterday's mistakes and regrets belong to yesterday. Today is a clean slate, a chance to start over, To do or become anything you want, a chance to go for it! So jump into life with both feet! go forward, head held high, Expecting the best.. You may be surprised at how often that's exactly what you get.

## **Mindful Moments throughout the day**

You don't always have to sit to mediate, you can use everyday tasks as tools to drop in a mindful moment. Try these....

Washing your hands... See if you can pay attention to the movement of the hands, the sensation of the soap and water trickling off them, and how the skin feels once you have dried your hands.

Walking up stairs.....Rather than seeing the action as a means to an end of getting up or down the stairs, notice the moment and positioning of your feet on each step.

Eating...We're often busy on our phones or chatting while we eat. Instead notice how each mouthful of food feels, the taste, sensation and sound as you chew.

## **Memories of VE day and wartime.**

Alma was a young teenager and working in Woolworths and she remembers that they were all given the day off. Just to have a day off was a real treat, the fact that it was VE day was not much of her concern at the time, she, a young girl, was just glad to have a day to do what she liked. So she went with some friends to the pictures and then everyone met up in the square of their town and they danced in the streets till midnight.



Alma, then went on to tell more of what her young life had been like.

The house was full, there were 2 refugees living in the house.

Alma's, Mother and Father, her

older sister Elsie and Elsie's son John. There was a gap of 12 years between Elsie and Alma, their mother had lost 3 boys in childbirth in the intervening years. Elsie's husband Ted had gone to war in Burma and South Africa, he got TB and lived in the house until he became too ill, when he went into a sanatorium and died. Elsie eventually married again, Frank, who brought up John as his own. When Alma's cousin John grew up he married an Italian lady and they went to live in Canada.

There is so much about each other that we don't know. It is fascinating to be able to share our childhood memories, maybe some other members of St Johns would like to share by writing it down and giving it to Shirley.

**Keep smiling...** *from Graham Powell.*

I just saw a burglar kicking his own door in. I asked, "What are you doing?" He said, "Working from home."

**I tried to come up with a joke about social distancing, but this is as close as I could get!**

**Going on a trip?**

The Boarding of Flight 2020 has been announced.

Your luggage should only contain the best souvenirs from 2019. The bad and sad moments should be left behind.

The next stop over will be Health, Love, Joy, Harmony, Well Being, and Peace. The Captain offers you the following menu which will be served during the flight.

A cocktail of Friendship

A Supreme of Health

A Gratin of Prosperity

A bowl of Excellent News

A salad of Success

A cake of Happiness

All accompanied by bursts of Laughter.

Wishing you all an enjoyable trip on board flight 2020.

Love the people God sent you, one day He'll need them back. *Contributed by Sue Bonser*

The New Zealand Govt announces shower rule:-

Concerned at non-compliance with two-metre social distancing, the Government has announced that showers are to be taken no more frequently than once a fortnight.

"Our modelling has shown", said Health Minister, "that fortnightly showering will produce the optimum smelliness to ensure people stay two metres away from each other."

**Children's Corner : A Maori proverb**

Kia ka ha

Kia maia

Kia manawanui

Be Strong

Be Brave

Be steadfast.

**Silversurfers on Coronavirus**

May we never again take for granted evenings with friends and family, birthday celebrations, the roar of a crowded stadium, mornings in the gym, going to a concert or movie, a night at the theatre, packed dance floors, coffee with a friend, a happy hour, a hug, life itse

Dear Friends

There is nothing new under the sun (Ecclesiastes 1:9) – well, nothing on TV at least! Hopping channels the other night I could find nothing but repeats, even the sport was being repeated – and I heard on the radio this morning that we are going to be treated to a fortnight of repeats of some of the best matches from the past at Wimbledon. Oh, well, at least strawberries are in season!

I shouldn't really complain – it's not as if I'd have been watching the sport any way (I gave up on Wimbledon when I found that the women were grunting even more loudly than the men) – and I did enjoy the repeat of "Murder in Mesopotamia", with David Suchet's Poirot. But it brought home to me how things have changed during the lifetime of the NHS! In the programme the nurse was a pleasant, sensible woman, whose job was basically to be a reassuring companion to a nervous woman...

These days the image conjured by "nurse" is more likely to be a PPE'd front line worker, a medical resource person in a demanding role, part of a team, someone whose skills and training help us to look after our health. The part of the role that has possibly changed least is the need for strength and compassion at difficult times, and it has been comforting for so many to find that even loved ones having to be kept isolated have been shown such kindness and warmth by those caring for them, and helped to keep in touch with family and friends through the multitude of remote communications that are available.

And it's to show gratitude for the kindness as well as the skill, for the caring and the service offered by our healthcare workers, carers, essential service providers and volunteers that we're being asked to join in a national Clap for Carers at 5pm on Sunday 5th July, the 72nd birthday of the NHS. It has been suggested that we might like to equip ourselves with a cup of tea (or other beverage of our choice) and stay outside for a while to chat with neighbours (at a social distance), to build on the sense of community that people enjoyed during the weekly celebration of all who have offered such support during the last 3 months.

5th July is the 72nd birthday of the NHS, which was founded in 1948. As someone who likes anagrams, it reminded me that 5th October is going to be the 48th birthday of the United Reformed Church, which was formed in 1972. And while Ecclesiastes said that there was nothing new under the sun (see

above!) this was the first union of two main-stream denominations. And while the Welsh Government has now given permission for churches to open for prayer this is subject to social distancing, strict hygiene protocols, risk assessments, stewarding etc, and the permission of the URC Trustees and insurers. It's something the St Johns Elders are keeping under consideration.

We have been in touch with our friends at other churches in Tenby, and so far we don't think any are going to be open for prayer yet, but watch this space. In the meantime I enclose a message from Simon, our Moderator, to encourage us, "In our traditions, chapels were 'meeting houses' for corporate prayer and worship. Chapel goers also prayed and read the Bible at home to develop their spiritual life, sustain their faith, and strengthen them for their part in God's work in the world. Even though we are separated, we are still part of the fellowship of the Holy Spirit."

I've been finding it encouraging when we pass some of the schools that they've begun to have footprints outside them. I know it's for social distancing, but it's also the symbol of the URC Discipleship Programme: "Walking the Way, living the life of Jesus today". It reminds me that even in these rather odd times Jesus invites us to continue our walk with him. And if you would find it helpful to your walk to have a hymnbook, let me or one of the Elders know John and I will be happy to arrange to get a copy of Mission Praise to you.

And finally ... modern technology can be a wonderful thing. I know you probably never expected to see me put it in writing, but when it works it's amazing what it can do ... it can even help you drink coffee with your friends! We have managed to have a couple of Zoom Elders' meetings, and so we would like to invite you to join us at a Virtual Coffee Morning on Wednesday 8th July between 10am and noon. You can download Zoom on to a PC, iPad or smartphone, or you can join by phone for the cost of a national rate call (up to 1 hour free on most phone packages). Whether you join by "device" or phone you will need to enter the Meeting ID 327 283 5805 Password: 547304. If you're joining by phone, you can ring in on either 0203 051 2874 or 020 481 5237. Any problems, speak to John [01834 845 398/0784 090 5010].

Keep safe, keep well.

God bless,  
Stella and John