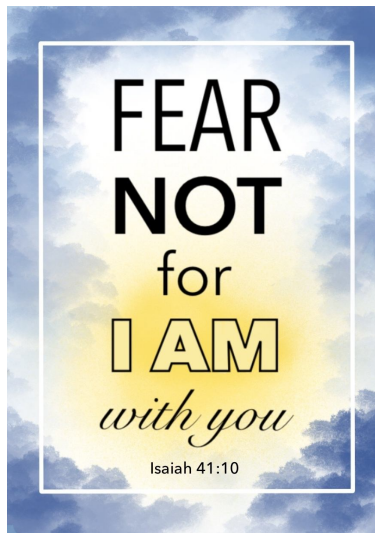


The Kirk Quair

April-May 2020

Supplement



St Andrew's
In the Grange
Church of Scotland

From the Minister's Desk



According to Wikipedia, so it must be correct: “A **midlife crisis** is a transition of identity and self-confidence that can occur in middle-aged individuals, typically 45 to 55 years old.” When the Editor asked me what we should call this ‘special’ edition I immediately said “A mid-life crisis?” Now, while some of us may be older than middle-aged, the current COVID 19 pandemic has caused us all to stop and think and to change our behaviour that is for some: “a transition of identity and self-confidence.”

It is important, however, to remember that while we might be in a crisis - it is a ‘midlife’ crisis. For there has been life before and there will be life hereafter. There is plenty of evidence of life in our Church; some of our gardens have never looked better; some of us have managed to run, walk and cycle along unknown lanes and beautiful coastal paths. Yes! there is Spring in the air, green shoots are appearing and, together, we will get through this crisis. Hopefully, look back as well and look forward to better days and some warm summer sunshine.

Remember the words of the prophet Isaiah who said: “*Even youths grow tired and weary and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.*” Isaiah 40: 30-31.

Keep Well

With all good wishes and every blessing

David

.....

With Pentecost in mind

We beseech you, O Lord, to ignite our souls with love, faith and hope by the fire of your Holy Spirit. And may the wind of your Spirit so inspire our minds, that we may proclaim your gospel to others in words which they can understand. *From the Gelasian Sacramentary (c 500AD). The oldest official prayer book of the Western Church.*



From Ed's bunker



I hasten to say that there are no plans to replace our bimonthly printed magazine with a monthly digital version but as the church building is closed and we have little social contact other than by email, video calls or telephone, it seemed a good idea to produce an interim update.

Although there is very little StAG news to report, this May will be a busy month with Ascension Day on the 21st and Whitsunday or Pentecost, as it is now known, on the 31st. We will also be marking the 75th anniversary of the end of World War II (VE day on May 8th) and the liberation of our islands (May 9th) but, sadly, with the lockdown unlikely to be lifted before the end of the month, celebrations will have to be “virtual.” This doesn’t mean that there won’t be any because the most ingenious ways are being developed to keep us in touch with one another, a good example being our weekly services on YouTube. What a great job the team have done to get everything up and running so quickly. Another particularly poignant anniversary this year with Nightingale “pop up” hospitals appearing just across the water in Jersey and in several UK cities, is the 200th birthday of the lady herself.

How are we all coping in lock down? Ailsa, recently returned from university, has found an innovative way of keeping herself busy and two of our Davids are working on the front line, one in the hospital chaplaincy, the other with St John Ambulance. We have contributions from all three.

The financial implications of the current lock down are becoming apparent not only for businesses forced to close their doors and individuals who suddenly find themselves without work but also for charities who are so heavily dependent on the generosity of others. Despite huge falls in income, their work continues and we have updates on some of those we support. No sooner had we launched our Lent Appeal for the Eleanor Foundation than we went into lock down but the appeal has certainly not been abandoned and we have a message from Allister Carey. “K_e_e_e_p saving” to misquote Strictly Come Dancing!

Ed

StAG News



Keeping the Church Finances going during Lockdown - a message from the treasurer.

We are all experiencing changes and challenges during this lockdown and our Church is no exception. Even though we are not physically meeting on Sundays, the costs of running the Church are continuing.

As treasurer, I have been grateful for the many responses from the church family to maintain, or increase, their giving during this period. As we do not know how long it will be before we can meet again in church, I have described below some options for maintaining our giving during this period:

1. Save up your weekly offerings and bring them to church when we are able to meet again,
2. Send a cheque for your offerings from time to time (monthly

where possible) to the Treasurer (see address below),

3. If you use internet banking, make a transfer of your offerings from time to time (monthly where possible) to the church's bank account,

4. Start a standing order for your offerings (a form is available from the Treasurer).

Where required, I will be pleased to provide you with the details of the church's bank account.

My contact details are:

Email: smjones@guernsey.net

Telephone: 720547

Address:

Les Casaniers
Courtil de la Fontaine
King's Road
St Peter Port
Guernsey GY1 1QB

If you send an electronic payment or set up a standing order, please let me know so that I can check receipt of the funds.

Thank you for your continued support and please stay safe.

Steven Jones
Congregational Treasurer

LIFE IN LOCKDOWN

Ailsa's story

In these changing times, full of fear and uncertainty, I have taken refuge in nature. The quiet car-free lanes around my house got me thinking - this is what Guernsey must have been like before our modern ways of life took over.

I have just finished university and, suddenly, I have an abundance of time to spend how I wish. My life has gone from being full throttle of assignments and stress to peace and solace. My boyfriend and I have even resorted to writing letters to one another as we can't be together. I have been filling my time with long sunny walks around the quiet St. Andrew lanes, and with a nod to an old-fashioned way of life, I have been paying attention to the wild flowers and plants that fill our island.

Nature is so beautiful when you

Smile lines



Baby sitting

We encouraged our 18-year-old daughter to find a job to help pay for her college education. One day she came home with five applications, and later that evening we read them. Under 'Previous Employment', she listed 'Baby sitting'. And under 'Reason for Leaving' she wrote, 'They came home'.

really stop and look. I have even started to forage for foods and flowers to brighten up my



family and my diet. I have made nettle soup (very green, surprisingly yummy and only stung myself twice). However, my true pride and joy has been my dandelion muffins and violet infused lemonade which I served up on one of our beautiful sunny evenings.

The dandelion flowers gave the muffins a sweet and delicately floral taste - got the thumbs up from the family. For the lemonade, I infused water with violets found in the hedgerow and then added lemon juice and sugar - it turned a beautiful shade of purple...I felt like an alchemist! As I sat with my family digging into the foraged treats, I realised that sometimes life moves so quickly we forget to appreciate what is around us... the simplicity of nature.



Florence Nightingale – the founder of modern nursing

Florence Nightingale was born 200 years ago, on 12th May 1820. Best known as the Lady with the Lamp who saved many lives in the hospitals of the Crimean War, she was also a social reformer, a statistician and the founder of modern nursing.

She was named after the Italian city of her birth, but the family moved back to England the following year, and she was brought up in Derbyshire. Here – and elsewhere – she had several experiences that she believed were calls from God to devote her life to the service of others.

She never married, but among her several close friends was Sidney Herbert, who became Secretary of War and helped to make her work in the Crimea possible. Some claim that she reduced the death rate in hospitals there from 42% to 2%. She introduced hand-washing and other hygiene improvements, but she never claimed personal credit for reducing the death rate.

Her work inspired nurses in the American Civil War, and in 1883 she became the first recipient of

the Royal Red Cross. In 1907, she was the first woman to be awarded the Order of Merit. She died in 1910. Her image appeared on the reverse of £10 banknotes issued by the Bank of England from 1975 until 1994.

It is a fitting tribute to her that seven new critical care emergency hospitals in England have been called NHS Nightingale Hospitals.

The first of these hospitals, in London, was officially opened by Prince Charles on April 3rd and the next, in Manchester which was ready to receive patients just 18 days after work began, was opened by the Duchess of Cornwall on Easter Sunday. Construction of a Nightingale hospital in Jersey will have taken slightly longer but is expected to open on 4th May.

Who could not have been touched to see the “virtual” opening of the Harrogate Nightingale Hospital by “Captain Tom Moore” whose “walk round the garden” for NHS charities reached almost £33 million as he celebrated his 100th birthday on Thursday.

What an inspiration to us all.

Charities Update

Guernsey Welfare Services

In these days of Lockdown and loss of income, Guernsey Welfare Services have been busy. Gratitude has gone out in particular to the Alliance and the Co-op as well as to financial contributors.

In the 3 weeks up to 9th April, 200 food parcels, including not only the usual store cupboard essentials but also items such as milk, eggs, cheese, fruit, veg and bread, and in Easter week, Easter Eggs, were delivered. Each parcel averaged £40 - £50, so total value nearing £10,000.

Some 220 homes received delivery of an Easter Parcel made up from 600 Easter Eggs and Easter Egg Hunt parcels donated by PWC, Marks & Spencer, Waitrose and Alliance and from Collection Boxes. (Ours, situated in the Narthex, has wound its way to GWS). Beau Sejour donated their near date goodies (Haribo Heaven at Trinity, where GWS is situated, that week)! Some crafts or Easter Story Books, loaves of bread from Olio - quite a gift in all - delivery by Swoffers and C.T. Freight as part of their daily route.

Normally GWS is open 2/3 hours, on three days of the week. Currently they are working 8.30 a.m. to 1 p.m. Monday to Friday. Naturally, the doors are locked so if you would like to contribute, please contact Sue Le Fricc at Sue@trinitygsy.org to arrange delivery, or by all means talk to me first. Sadly the May Fund Raising Lunch is off. Ethel



MAF – still flying to bring help to the isolated

Our “StAG’s got talent” evening in the Autumn to celebrate MAF’s 75th birthday may, or may not, go ahead but please keep the date in your diary. Here is an update from Ruth Whitaker, CEO of MAF-UK.

‘God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea...’ Psalm 46:1,2

“In this time of great uncertainty, at MAF UK we have felt God draw us to these precious verses from Psalm 46, and I wanted to remind you

of them now. With 75 years of pioneering mission to the remotest places on earth, we know so well how isolation can threaten human development, physical health and spiritual freedom. It is strange to think that many of us in the UK will be experiencing the isolation MAF has been flying to overcome across the developing world for decades.

As an organisation, our vision to help the most isolated is driving us through this storm. We are maintaining flight operations to reach isolated people in need. Internationally, MAF is experiencing changes to flying across many of our operations. Each programme is compiling input from MAF's Immediate Response Teams, who are very experienced at tackling crisis situations. Tailored actions are being crafted for each country where we work to make sure our staff are protected and the needs of the most vulnerable are met."

Christian Aid



In 2017, Christian Aid invited residents of Guernsey and other island communities to support our sisters and brothers in the Philippines through the Island to-Island appeal and Guernsey residents were quick to respond with generosity.

Over the last three years the appeal has raised over £80,000, with approximately £25,000 having been raised here - a tremendous achievement for which we openly and warmly thank you. Right now, we are all facing a real threat to our own lives; our health is of vital importance, but that also depends on our financial stability and strong economy which we hope and pray can be maintained.

Meanwhile, there are so many people worldwide who have no voice, no help and no facilities to help them overcome this deadly threat. Their health and their future look bleak, hunger is being spoken about and civil unrest may erupt. Many people do not have fresh water, food or even soap, things we take for granted every day, yet soap and water can be the most effective way to combat the Covid19 disease. Christian Aid, with other charities, are the voices of those who are ill used, persecuted and forgotten. We recognise that all people everywhere have a right to food, security and protection. It is right that we are concerned for our own safety and future, but let our concern also spill over with compassion to those who have nothing. There are people living hand to mouth in poverty even in our own communities where assistance

should be available to them, but everyone, especially those who do not have the means or the materials to build a new economy, remain the responsibility of us all.

Christian Aid works to provide the basics of life, fresh water, seeds, a new start to help people to be healthy and build a new economy for themselves. On 10th May 2020, we should start Christian Aid Week, but we know that although the work of the House-to-House collections must be put on hold to protect our own community, we cannot put on hold the need to help others. So despite collections not happening this year, many people will still wish to make a donation and, no matter how small it is, every penny will help save lives and give life to those who have very little hope. There are two ways to donate: payment can be made by BACS into the Christian Aid Guernsey Account No. 04359763, Sort Code is 40-22-25 or by cheque to Mr S England BEM, 7 Lucana, Glebe Clos, Le Neuve Rue, St Peter Port. GY1 1SE.

For resources including many ideas for virtual fundraising see: [www.christianaid.org.uk/chris\(an-aid-week/virtual-fundraisers](http://www.christianaid.org.uk/chris(an-aid-week/virtual-fundraisers).

**Lent Appeal
for
Eleanor Foundation**



The Eleanor Foundation



It was a wonderful surprise to learn that Eleanor Foundation was the beneficiary of the 2020 Lent Appeal and we wish to thank everyone involved with this initiative.

Eleanor Foundation was established in 2012 following the tragic death of International Development student Eleanor Carey whilst cycling in London in December 2011. Our intention was and remains to achieve some of the ambitions that were so important to Ellie with a particular emphasis on water, sanitation and hygiene in sub Saharan Africa.

If ever there were a time when access to water was needed it is surely now as the Coronavirus spreads throughout the world. We are told that one of the simplest ways of protection is through regular washing of hands but if you don't have easy access to water how can this be achieved?

It is estimated that, for 2.2 billion people globally, regular hand washing is not an option because of inadequate access to water. We have

been working in two districts in Tanzania – Chato District, Geita Region and Biharamulo District, Kagera region – since 2014 and have been able to finance the construction of over 80 shallow wells providing improved water to at least 60,000 individuals in the process. Additionally since 2018, we have provided basic hand washing stations at 30 schools (25,000 students) and have trained more than 150 community health workers to promote improved sanitation and hygiene in the home environment. The results show a decrease in water borne disease and a consequent improvement in school examination results.

In conjunction with local government departments, we are now seeking to reinforce public awareness of the importance of hygiene and also distancing to moderate the spread of this virus. Currently there are no reported cases within the largely rural and remote communities where we are working and we hope that this remains the case. All charities are under pressure currently and the ability to raise funds through social events has been removed at a time when they are most needed.

Eleanor Foundation is no different and, whilst we have reserves set aside, our capacity to fund future projects is impaired somewhat.

We face many challenges domestically in Guernsey but we do have running water in our homes, an excellent health service and are able to follow the social distancing guidelines without too much difficulty. This is not the case for close to 30% of the world’s population and certainly not for the many communities we are working with in Tanzania. This is a global challenge and we’re in it together. Any support you can provide during these extraordinary times will be hugely appreciated and will generate the opportunities for individuals to lead better lives. Thank you.

Allister Carey, Director



1. A ‘traditional’ water point full of disease, bacteria and parasites.
2. A ‘tippytap’ for handwashing in a village in Biharamulo District.
3. A pedal operated handwashing station



The Priaulx Premature Baby Foundation

Christmas may seem a long time ago but you may remember that our retiring collection was in aid of the Priaulx Premature Baby Foundation. The following letter received by Sally, our charities convenor, is reproduced with the permission of the family who have benefited from the foundation.

“I’ve mentioned the church magazine article to Alexis and I know she and Gareth were tremendously grateful for the use of one of the Priaulx flats which, it turns out, is only 200 steps away from the unit, for the 99 days Zara remained under the care of the Southampton Princess Anne Hospital’s neonatal team.

There were some very hard days and times of great worry and so the Priaulx flat was a perfect place of refuge. It is right by the hospital entrance - so very near, yet also, it is completely removed from a hospital environment and so a chance for parents to catch up with some ‘normal’ time and some respite, to get away from the constant sounds of the monitors bleeping down in the neonatal unit. Also, being so close by, for example during the wee small hours, if there were any worrying changes, and having to be summoned to get to back into the unit.

With Dad Gareth travelling back over to Southampton every weekend (and big brother Jasper every other weekend), it gave the family the chance to slot back into being a normal family, as much as was possible in the circumstances.

The names of every Guernsey/Alderney person or organisation that helped with the fundraising appears along one entire wall of the entrance hall in the ‘Aggie’s Den’ flat. In the kitchen, there is a silhouette skyline picture of the rooftops of St Peter Port.

Having also spent some time over there in the flat myself, I can vouch for the enormous benefit this home-from-home can provide for a family’s well being. I also understand that it can be offered to any family where a child of that family has long term treatment needs in Southampton and all this is arranged with the minimum of fuss.

As a Granny, I am very grateful the flat was available as I know that it was such a haven for my daughter’s little family in their time of great worry and uncertainty.”

Elizabeth



A wee bit too pious

A Scottish lady invited a gentleman to dinner on a particular day, and he accepted with the dour reservation: “If I am spared.”

“Weel, weel,” she replied briskly, “If ye’re deid I’ll no’ expect ye.”

“Near A View from [^]the Front Line”



After 30 plus years as an Army Chaplain, you would think that I am used to a crisis and you might be right. But one of the things I have discovered during the COVID 19 drama is that while I am acutely aware of the human and economic cost of this unprecedented pandemic, I am in truth enjoying the buzz, the excitement and the challenge these unprecedented days are offering. It is both humbling and heartening at the same time to see how we as a Church, as a Community and as individuals, friends and families are supporting one another. Perhaps nowhere is this more apparent than in the Princess Elizabeth Hospital where I have the privilege to be a very part-time Chaplain in support of the Reverend Linda Le Vasseur, the Lead Hospital Chaplain.

At an early stage in what I personally regard as a first-class States of Guernsey response to the spread of COVID 19, the hospital went into lock down and all public visits by family members and local clergy were stopped. For very good reason, the hospital and Health and Social Care (HSC) decided to restrict the hospital footfall and to ensure that both patients and staff were, as far as possible, protected and all measures taken to avoid any contact or cross contamination from the Coronavirus. For the chaplaincy team, the immediate impact was that there were now three of us who had a pass and authentication as ‘Essential Workers’ with sole responsibility to enter the hospital and to visit both patients and staff. The decision was also taken that only Father Nishan from the Roman Catholic Church and I would be responsible for any COVID 19 Positive patients.

I was immediately taken back to Sierra Leone and the Ebola Crisis where I visited as Chaplain General in 2014 and saw the amazing planning and preparation that was taken place to look after some very sick patients and to ensure the best possible protection of the military medical staff. More recently, I have been really impressed by the very professional and painstaking care that the Staff and Administration of the hospital have taken to prepare for multiple COVID 19 patients which to date – thanks be to God – we have not seen in any real numbers.

Some of you who have shared Home Communion with me will have noticed my ‘Home Communion kit’ which is carried in a Military Respirator Bag! The original Field Communion Kit I was issued was bought off the shelf from Whipple’s, the clerical outfitter, and came in a large, totally impractical wooden box or ‘hand-bag’. Most chaplains withdrew the contents and re-packaged them to make it operationally more useable. I thought about the Respirator Bag and Holy Communion Kit when Father Nishan and I had, on two occasions, a couple of sessions training in: “Putting on (Donning) personal protective equipment (PPE) for Aerosol Generating Procedures.” The second lesson was the “Removal of (Doffing) personal protective equipment (PPE) for Aerosol Generating Procedures.” The training was delivered with Military precision and while I have routinely worn a Surgical Mask visiting non COVID 19 patients, it is good to know what to do in an emergency.

I am glad to report that the hospital chapel has remained open as a place of prayer and sanctuary but no services have been held, the furniture has been rearranged and some removed to allow for social distancing. I am also proud to report that St Andrew’s in the Grange have supplied Palm Crosses and fresh Flowers for the pre and post Easter season to the hospital chapel. I was also able to take part in the one minute of silence commemoration in the hospital, on Tuesday 28 April, to remember all those in the Health and Social Care System who have died in the course of their duty as a result of COVID 19.

Finally, I believe that Guernsey and especially the PEH are being extremely well lead and managed in this crisis. It is a privilege to represent our Church as a part-time hospital chaplain and to once again be “Near” The Front Line.



No! The picture is not our minister in his new PPE kit, but that of Dr George Rae, appointed Edinburgh’s second Plague Doctor in 1645. His terrifying outfit with cloak and beak like mask was the origin of the nickname “Quacks.” The mask was filled with spices and rose petals to prevent “miasmas”, noxious forms of bad air, from entering through the nose and causing disease. Although this theory has been debunked, the outfit did protect Dr Rae from flea bites and he survived the plague. If you are ever in Edinburgh, Real Mary King’s Close is well worth a visit to learn more about life in the 17th century.

ST JOHN GUERNSEY AND COVID-19



Everyone knows about St John in Guernsey – or do they? Guernsey is one of only three places in the world where St John provides the emergency ambulance service. St John has a contract with the States of Guernsey and the States fund 70% of the costs. St John has to find the remainder and does so mainly with the ambulance insurance scheme, donations and legacies. There is the St John shop, which provides a huge range of medical needs, such as wheel chairs, crutches, special beds, incontinence pads and has the Stannah Stair lift contract. There is the Training Services that provide first aid training throughout the Island. Lastly, but by no means least, is the voluntary part of St John. That provides event medical cover, first aid training, Community First Responders, the library, the Marine Ambulance, Youth development with the Badgers and Cadets, Adult volunteers and support to the Emergency Ambulance Service.

Well, this was the set-up until the Covid-19 crisis hit Guernsey. Training Services had to cease and that income was lost. The Shop needed to get items to people, as it had to close its doors to the public. Training for Badgers and Cadets has had to be put on hold. Public events have been cancelled. Income from covering public events is a main source of income for the voluntary side. Obviously the Emergency Ambulance Service would continue, but should we just stop a lot of what we do? The answer was to adapt to meet the new challenge.

St John has set up several new services to help combat the present health crisis. We saw the need for central coordination and, in conjunction with the Association of Guernsey Charities and the Guernsey Community Foundation, we launched ‘Volunteer Guernsey’. It would give a central database of volunteers and provide a coordinated response so reducing the number of people out in the community and so reduce the risk of community seeding. We took on over 200 new volunteers in 2 weeks.

We have decontamination teams that deep clean the ambulances after they have carried a patient with suspected Covid-19. They are on call 24 hours a day. It takes 2 hours to deep clean a vehicle and by having these teams, it frees up paramedics and ambulance crews to respond to emergencies.

We have an essential delivery service. We deliver items such as

groceries, hand sanitiser and prescriptions. We have a production line washing 5,000 bottles, sticking on labels and then decanting the hand sanitiser into them. This is the highly praised sanitiser made from seaweed, which leaves the hands soft. It is produced locally. We deliver to those that need it, including the hospital, care homes as well as to individuals. We man a telephone system 7 days a week to answer calls for help. Just last week we found a man who had not eaten. He had no food but did not want to be a burden by asking for help. We delivered a meal, supplies and set up a support system. He was then upset because he could not pay us. He could not get to the bank to draw cash. Of course we waived payment. An elderly man had run out of medication and had not taken his heart pills for 4 days. We collected his prescription and he is now regularly checked. There have been several cases of mothers and children with no money to buy food. Similar stories are now a daily occurrence.

A Caring Caller service has been set up. The initial thought was to provide a friendly chat and ease loneliness. It is now helping to identify and resolve problems and is becoming proactive.

We have answered a call to send in a volunteer to support a care home. We are making and delivering evening meals at a care home where kitchen staff were off sick. We have produced a volunteer plumber and an electrician to install a washing machine in a house of someone Covid positive. The volunteer staff work tirelessly and long hours to meet demand and try to find solutions to any task thrown at us.

The President of Health has twice thanked Nikki Harrison, our COO and her team for the work and there is frequent media coverage.

So the work we are doing has increased hugely and it is rewarding to solve the challenges. The loss of public events, the cancelling of major events of which we were to be the sole beneficiary, such as the Harbour Carnival, has resulted in a loss of income of over £100,000. As the Chairman of Fundraising, that deep hole falls to me to try and fill. I appreciate many charities have seen their income fall away, but are still trying to meet their aims. St John is providing a vital service to the people of Guernsey. If there is anyone who knows of a company or an individual who would be prepared to make a donation, I would be delighted to be put in contact. Any individual who would like to support, your generosity would be greatly appreciated.

Thank you for taking the time to read this.

David

A prayer from Charmaine

When our burdens get too heavy and our life is feeling grim
Don't be sad, remember, sit down and talk to him
Our Father he will listen, and guide you through the day
For he is always with us in his very special way
He is with us in the morning, in the afternoon and night
He is with us when we're lonely, he is never far from sight
You may not even notice, all the things for you he's doing
But he's already working, if your spirit, he's renewing.
Before you know it, all is well, and life is so much brighter
That's because our Lord was there holding you, just that bit tighter!



.....

More May birthdays!

Ed's dad and Queen Victoria had a birthday in common and he well remembers, as a wee laddie, singing something like "The 24th of May is the Queen's birthday, if we don't have a holiday, we'll all go away!" Ring any bells, Scots?

It was also the birthday of the Wesley Brothers, John and Charles. John's great gift to the Christian cause was the little matter of founding the world-wide movement known as Methodism and his brother, Charles, wrote over 6,000 hymns, many of which are all-time favourites – 'Love divine, all loves excelling', 'O for a thousand tongues to sing'. 'Jesu lover of my soul', 'Hark the herald angels sing' – and scores more. Amazing legacies.

Psalm 34

Amid the current pandemic, we all live with fear and uncertainty. How do we deal with fear? *'I sought the Lord, and He answered me; He delivered me from all my fears.'* (Ps 34:4).

The last word!

