

St Mary's Speen Pew News 321 on Friday 11th April

Dear friends,

1. Michael Bell suggested that this Lent Collect is appropriate for our times.

*In the depths of our isolation
we cry to you, Lord God:
give light in our darkness
and bring us out of the prison of our despair;
through Jesus Christ our Lord.*

I am sure many of us will echo those thoughts in our prayers, even though we may be thanking God for our many blessings in recent weeks. Times have been a bit weird, but the sun and the spring flowers are lovely.

Michael Bell reports that everyone he meets on his weekly trip to Waitrose seems to be in remarkably good spirits. Certainly the people walking by us, who wave at us as we sit outside with our morning coffee in the sun, seem to be happy.

2. **MARGARET HOWLETT:** I am sorry to have to include in this PN that Margaret Howlett, a long-time member of St Mary's, died this week in the nursing home in Winchcombe. She had been in failing health for some time.

3. **EXERCISE:** The younger generation in our family swear by Joe Wick's daily exercise regime on YouTube which obviously involves some very energetic leaping up and down, I understand. I have found something very gentle called "Gaby Pimental's Quarantin Exercises" which I can heartily recommend.

I have not seen any running on the spot, or anything violent, and as someone with a dodgy back which will complain at the slightest tweak, I can say they are beneficial, and last 20 minutes.

So click on the blue line here, and be ready with nothing more than a couple of tins and a chair, which you can sit on if you don't feel like standing up, or lean on.

https://www.youtube.com/results?search_query=gaby+pimentel+quarantine+ and start at number one.

4. **JENNIFER:** And please don't forget Jennifer's 99th birthday on Tuesday. I shall be going to sing Happy Birthday to her on her lawn at 12 noon. If anyone wishes to join me, please keep 2 metres away from me and anyone else.

- 3) **MONICA LEWENDEN:** It's Monica's birthday on Tuesday. I think she may be 90.