



CHRIST CHURCH NEWSLETTER 07/05/2021

Tomorrow is **VE Day** - 76 years since the Allied forces accepted the Nazi surrender from World War II. This is my Grandpa George in the war. He became a Colour Sergeant with the Royal Marines and served in the Middle East. He was hospitalised in Ceylon (now Sri Lanka), which he thought was a beautiful country.

Do you know about anyone in your family who fought in the war?



Our mental health has never been more important and next week is **Mental Health Awareness Week**.

The theme is 'Nature'. But why nature?

Nature is so important to our emotional health, that it's almost impossible to achieve good mental health for all without a greater connection to the natural world. For most of human history we lived as part of nature, and being in lockdown has certainly brought us back to nature again. I have loved my long walks, finding new fields and spotting new, beautiful wild life along the way.

One of the activities that has been suggested to do next week is Cloud Watching. Cloud watching is a fun activity for children and can provide a moment for mindfulness. It can be great for adults too, to help find that moment of peace.

Find an open space, in a garden or part and stop. Look out and up—are there any clouds today? Just stop and watch for a while.

Is it possible to record the pictures that the clouds make? Try sketching, or taking photographs. Try estimating how much cloud cover there is (eg 50% of the sky). How about the direction? Or speed?

Remember to take some time for your own mental health too! Without us looking after ourselves, we will never be able to look after our children.

From MRS JACKSON



PRAYER FOR PEACE

Dear God,

May we, the children of the world, not repeat the battles of past generations.

Free us from the traps of arguments and war.

May we, the children of the world, discover a new way of living,

Where the riches of some are not at the expense of others.

May we, the children of the world, use our energy and optimism

To overcome the barriers and fences of the past.

May we, the children of the world, have a new vision for this planet,

So that we waste less and conserve more.

May we, the children of the world, live in harmony,

With you, your creation and each other.

AMEN



This time last year, people across the world were following – and being inspired – by the story of **Captain Tom Moore**, who was determined to help the NHS in this time of national crisis. He set himself a challenge of raising £500,000 by walking 100 laps of his garden; quite an achievement when you are heading towards your 100th birthday! As I am sure you are aware, not only did he complete his walking challenge, but he raised over £32 MILLION in doing so! It is easy to understand why for many people, Captain Tom became a symbol of everything that is special about this country. He showed determination, positivity and a strength of character that you could not fail to warm to.

Going back 76 years, Captain Tom was serving in the British Army. Like many, he had signed up when the country needed him, and he had already served in India & Burma when the first VE Day was celebrated in 1945. But that was not the end of the war, and Captain Tom was posted to Japan to continue the war in the East.



There have been many comparisons made between the recent national lock-down and life during the war; but the reality was quite different for the generation who survived those darkest days. World War II lasted for almost 6 years, with an estimated 70-85 million lives being lost in the conflict - no wonder there were such huge celebrations across the world when VE Day was announced in May 1945.

VE Day – or ‘Victory in Europe Day’ – celebrates the formal acceptance by Britain and its Allies, of Nazi Germany’s unconditional surrender. It was officially announced by the British Prime Minister, Winston Churchill, at 7.40pm on May 7th 1945, who declared that the next day would be a national holiday. People started celebrating immediately, flags were waved and people danced in the streets. On VE Day itself, communities held street parties and decorated their homes with bunting and flags.

Tomorrow marks 76 years since the first VE Day and you may remember the socially distanced celebrations from last year when people were marking this special occasion from their homes. Maybe you remember getting dressed in red, white and blue; or decorating your house with bunting and banners. Maybe you have had a ‘stay-at-home’ street party or even an online virtual street-party!



VE Day is a celebration, but it’s also a time for quiet reflection and remembrance. Try to find some time to think about everything that the wartime generation did to help us have peace, and remember how much Captain Tom Moore – and all his fellow service men and woman - can continue to inspire and give us hope both now and in the future.

Mrs Richardson

