

**Weekly Newsletter 4 – Sunday 12 April 2020**

**Easter Sunday**

Yup, it's Easter Sunday. It may not feel like it and it certainly a very strange Easter. But let's still celebrate. Jesus rose from the dead – now that is just amazing. Yeh, he was a great teacher – heaps of folk can do that, yeh, he was a great leader – heaps of folk can do that, Yeh, he was a great healer – heaps of folk can do that, Yeh, he rose from the dead – WHAT ? – no-one (except God) can do that.



Into the darkness of our world, your resurrection brought light.  
Into the despair of our world, your resurrection brought hope.  
Into the emptiness of our world, your resurrection brought purpose.  
Into the enslavement of our world, your resurrection brought liberty.  
Into the sorrow of our world, your resurrection brought joy.  
Into the brokenness of our world, your resurrection brought healing.  
Love conquered hatred, evil, and death.

**Lord, we rejoice.**  
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**Lord, we rejoice.**

**And all God's children said together - Amen**



**Holy Communion in the garden –**

Remember our early morning communion in our gardens. We can't gather at Speymouth Church this Easter morning but we can still celebrate the time we would spend together this time, blessing the bread and wine ourselves and setting it apart for this special purpose. Why not then going for a short walk to celebrate the morning God has given us and the hope of Spring in nature and ourselves.

**Easter Worship**

There are lots of Easter Worship Services on line both locally and nationally. Some on mainstream television, on radio, on dozens of web-sites, Facebook, Youtube and other on-line sites. Our sister church, St Andrew's Lhanbryd and Urquhart has various Services including podcasts so we can all take part in worship from our homes.

*Bellie & Speymouth Church*  
*Reaching out - Welcoming in*

**Lent is over.**



Now that Lent is over, how did all the young people get on with their Lent Challenge. Some did really well, Here's Sophie and Innes with their completed Challenges. If any of you finished or did well, how about a picture of you



and we can put it in next week's newsletter.

*Well done Sophie*

*Well done Innes*

**Chloe Campbell is the same as the Queen.**

Chloe will have two birthdays this year. One on Sunday when she is 9 years old and another later in the year when she can celebrate with her friends.

*Happy Birthday Chloe.*



**Thank You**

Today, you may like to take time to say a prayer of thanks for all the people working to keep things going at this time. We know and recognise those working in the NHS but also remember those who work in Care Homes, those who provide Home Care, the folk who empty our bins, the shop workers especially those in our villages in Mosstodloch and Fochabers, the lorry drivers and folk who are delivering to our houses, farmers, posties, bobbies, paper loons and quines, soup makers and pie makers at Baxters, all working to keep things as normal as they can. Also thank those who are sticking to the self-isolation. For many of us this is inconvenient and a bit frustrating but there are those who live on their own, those in cities who may live in tenement blocks or multi-story blocks of flats; for many of them it is really tough. These people may not be the heroes of the NHS but are all playing their part in reducing the risk to others.



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We may also remember in our prayers those who are in poor health generally at this time. In addition to whatever illness they may have, there is the added concern of restricted access to medical assistance and the comfort of visits from friends and family. A couple of guys have given us a wee scare this week. Sid Whyte was taken into hospital this week and we are glad to hear he is doing fine. Peter Horton went to hospital and after some tests was allowed home. Neither has the COVID-19 virus but let's remember not just these guys but Marjory and family and Vivienne and family at this time.



And thanks to those who are quietly and without fuss, helping others at this time; phoning people, doing shopping for them, delivering medicines, cooking and delivering meals for others and in many other ways. Our Church may not be holding Services these days but we are serving the community in all sorts of ways showing God's love in a practical way.

**And now a bit for ourselves**

**Physical and mental fitness.**

Being stuck in the house for such a long period means we have to look after our physical and mental well-being. With the best will in the world, most of us will find ourselves spending more time sitting down watching a television or computer screen with the only exercise being 'jumping' to conclusions or 'running' a bath. It is important we do some physical and mental exercises.



A daily walk in the fresh air is great but this rarely gets the heart thumping. If you have access to Youtube there are a couple of exercise sites which you may enjoy. Joe Wicks does a half hour exercise regime each day – especially good for the kids. Jenny McClendon does a half hour session which is suitable for older people. Both of these are suitable for confined spaces in living rooms or even smaller. You don't need gym kit for these exercises – I do mine in my jammies! (too much information, John.) It may be a pain doing these exercises but when it's over, you will feel a sense of achievement. You never know, we may come out of this period fitter than when it started.

As regards mental fitness, while keeping in touch with people is important, it may be you could try something new. Some are learning a new language; some people are drawing, some learning a new skill or renewing old ones. I'm trying to learn some card tricks and Sandra has cleaned the oven! The main thing is that at the end of all this we will have achieved something.



Above all, do something which for you, is enjoyable. **Have some fun.**

But it's Easter. A time for celebration. OK most of us won't have big family gatherings but let's try to make Easter Sunday as joyful as we can. Can you enjoy a special meal? YES; can I have a glass of wine/beer/fruit juice with my meal? YES; can I eat an Easter egg? YES; can I have a lazy day? YES.

*Have a blessed, happy and safe Easter.*