

St John's and St Katharine's

WEEKLY EXTRA

Monday 18th May 2020



Looking towards the medical centre and hospital in Frome.
Photo: Lois Bushell

Congratulations to John and Anita Leach, who celebrate their
58th wedding anniversary on Tuesday 19th May – St Dunstan's Day

Happy Birthday to Johnny Doherty for Sunday 24th May

Thought for the week

Thank you to Kevin for providing our thought for the week in this edition.
We are all inspired, I am sure, by the accounts of heroic service and commitment by members of the public services, charities, and countless individuals. We mourn those who have died in service. They will be numbered among the saints. The list of saints, Christian and others, is added to in a formal sense over a period of time, but I am sure all of us can think of individuals who could be added to the list of wise men and women who have been gifted to us in more recent times. Some may be personal to us and pass unrecorded in the public sphere, others are widely acknowledged. For many of us our encounter has been through the printed word, or perhaps radio or television for more recent figures. Some of us have had the privilege of a personal encounter with one or more of a recent exemplar of wisdom and service.

Someone whose writings I met as a young person and, many years later, was able to meet in the flesh was the late Dom Bede Griffiths (1906–1993). After studying at Oxford, under C.S. Lewis and others, he became a Roman Catholic and joined the Benedictine community at Prinknash Abbey. In 1955 he travelled to India. Immersing himself in the spirituality of Hinduism, his writings were pioneering in the development of interfaith understanding. I was able to stay in his community, known as Saccitananda Ashram, in 1978, and make a brief return visit to the continuing community after his death.

Father Bede is seen as a lamp to people, in and out of the Church. His lamp draws from the sacred oils of Christianity, Hinduism, and the universal heritage of the human quest. The following extract from one of his books points to the eternal dimension within which we all, in reality, live and move and have our being. An appropriate thought at a time of separation for so many.

Eternity is not a timeless state in the sense that events take place in time will simply have ceased to be, but rather in the sense that time is

Continues ↔↔↔↔

fulfilled, that the events have reached their consummation. The whole of the past will be present to me, not in dispersion in time, in its state of becoming, but in its fullness, its complete being. Eternity is "tota et simul" – the total and simultaneous enjoyment of unending life. Everyone and everything will be totally and simultaneously present to everyone and everything. All the multiplicity of creation will be there, but it will be there in its unity. When we think of unity, we lose sight of the multiplicity; when we think of the multiplicity, we lose sight of the unity. But in eternity the many are contained in the One without losing their individuality. Each human being is a focus of the divine Light which shines through all equally, but each receives it according to its capacity.

From Bede Griffiths, *Return to the Centre*

Kevin Tingay

POEM FOR THE WEEK

Today we especially remember Win Webber, who kept this poem – passed to her in the early 1930s by a friend in Frome – all her life.

Day by Day

**Just try to live one day at a time,
Tomorrow is on its way;
Opportunities lost, mistakes made yes,
But tomorrow is each a new day.
Tomorrow a trouble seems less,
Where you take a longer view;
So many the worries of yesterday seemed
Next day are surprisingly few.
The things that happen today look big,
You are so close to them all;
Try to think they are not as big as they look,
In reality may be small.
Remember too it all will pass,
And courage from this you can borrow;
Just let today be just today,
Remember there's tomorrow.**

Anniversaries in 2020: 12th May

200th ANNIVERSARY of FLORENCE NIGHTINGALE's BIRTH

We think of Florence as the founder of modern nursing. Deeply religious and felt called by God, she is known universally as 'The Lady with the Lamp' – walking the wards of the military hospital at Scutari where she was sent in 1854 to lead a team of nurses. It is said that grateful soldiers kissed her shadow as she walked past. But Nightingale was much more than that. She made major contributions to military medicine, statistical thought, public health and to hospital design.



Many initiatives promoted by Florence Nightingale are still at the heart of the NHS, including; infection control, eating a healthy diet and the need for specialist midwifery nurses. She identified that hospital buildings could affect health, and her ward designs (known as Nightingale Wards) were adopted worldwide.

Florence was the first woman to be elected to the Royal Statistical Society. She was the first person to use pie charts in health sciences and used statistical charts to show that more men died from disease than from their wounds in the Crimean War.

She was a leading reformer of health standards and published extensively on hospital planning and organisation. Her famous book '*Notes on Nursing: What it is and What it is not*' is still widely read. She developed a model of the modern death certificate. She also published papers supporting the work of William Farr developing an international code of diseases, now in its 10th edition and known as ICD-10.

Working with others, she is credited with reducing mortality in the Union Army during the American Civil War. Her work on malnourishment of children led to the Body Mass Index.

In the UK and across the world (especially Turkey, the Philippines and Japan) there are memorials (including statues, plaques, busts, stained-glass windows), museums, a pub (!) and hospitals dedicated to her.

In 1907, the Red Cross instituted the Florence Nightingale Medal - the highest international distinction a nurse can achieve, and during the COVID-19 pandemic, NHS England has so far opened six field hospitals named NHS Nightingale.

Elaine Gilbert

Life on the *Queen Mary 2*
Chapter 7: Melbourne to Adelaide

One more day further into the Tasman Sea, which is referred to as 'the Ditch' between Australia and New Zealand (like the Atlantic Ocean is 'the Pond'), and our next stop was Melbourne, sporting capital of Australia, reputed to be the richest city because of its gold rush (it has a street called the Golden Mile). It is the second largest city in Australia (population 4.5 million), and old and new architecture sit side by side along the Yarra river. We took a cruise along the river to the Eureka Tower, named after the Greek term 'I found it', used when gold was found in the Victorian gold fields). It is 975ft and 92 storeys high, with glass on the top 10 levels plated in 24 carat gold,

and a red stripe down one side to depict the blood spilt during gold mining. We took the lift to the Skydeck on level 88, which took 40 seconds – so fast it made your ears pop! There are amazing 360 degree views of Melbourne – it really is spectacular. It also has a glass cube called The Edge, which projects 3 metres out, 285 metres up; when you enter it you get the scary sound of glass cracking! Next we visited the beautiful Fitzroy Botanical Gardens, which are shaped like the Union flag. They contain Captain Cook's Cottage, his parents'



Eureka Tower



Melbourne from the Eureka Tower

home, brought over from England in 1934 and rebuilt brick by brick. There is also a model Tudor village and a spectacularly carved tree by Ola Cohn depicting Australian wildlife which took 3 years to do (1931-34). Another huge pine tree is called Cooks Pine, with beautiful flowers all the way round. In the afternoon we bought a bottle of wine without any difficulty – the shopkeeper was surprised to hear about our problem in Darwin; incidentally, this was March 8th and the shelves were empty of toilet rolls! Melbourne has large desalination plants as they have had a drought for the last 13 years.

One day at sea and we reached Adelaide, which is perched on the south coast, has long beach fronts, and is noted for its art galleries, museums and festivals of food and wine; it ranks in the top 10 of the world's most liveable-in cities. We took a trip around the highlights: the Botanical Gardens where we were shown the sweet peas that were foraged as food many years ago, and Mount Lofty Conservation Park with fantastic views of Adelaide. On the way back we saw koalas in the wild.

Lois Bushell



Captain Cook's cottage



Carving by Ola Cohn



Adelaide from Mount Lofty

‘WOMEN IN THE BIBLE’ QUIZ

Once again a big ‘thank you’ to Chris Lewis for providing a quiz.

- 1 Her song starts ‘My soul doth magnify the Lord’.
- 2 When King Saul needed to consult Samuel after the prophet’s death where did he find a wise woman to help him?
- 3 Which of Jesus’s friends Martha and Mary was the one who did all the housework?
- 4 She was the mother of the prophet Samuel.
- 5 She was the nasty wife of King Ahab who came to a nasty end.
- 6 Jesus cured this disciple’s mother-in-law of a bad fever.
- 7 She was the sister of Moses and Aaron.
- 8 The great-grandmother of King David, she, as a young widow, was allowed by her future husband to gather corn in his fields.
- 9 Jesus met a woman at a well, engaged in deep conversation with her and then announced that he was the Messiah. Where does St John say this woman came from?
- 10 These two sisters both married Jacob.
- 11 How many sons of Eve are named in Genesis?
- 12 According to Acts, this woman was raised from the dead by Peter in Joppa.
- 13 Rahab and her household were spared when Joshua captured Jericho: why was that?
- 14 The wife of Ananias, she dropped dead when Peter accused her of stealing money from the early church.
- 15 One of King David’s wives was called Abigail. What, in European literature, does the term ‘abigail’ usually mean?
- 16 Which three women, according to Luke, went to Jesus’s tomb on Easter Sunday?
- 17 She is the only female judge mentioned in the Bible.
- 18 Mark mentions an (unnamed) step-daughter who persuaded King Herod to kill John the Baptist. What name is usually given to this woman?
- 19 She was the wife of the Persian King Ahasuerus who used her influence with him to stop the genocide of the Israelites
- 20 She was John the Baptist’s mother.

Bishop’s Palace swan update: Of the eight eggs which Grace and Gabriel have been incubating, all have now hatched, but life hasn’t been plain sailing. The first egg hatched on the 1st May and the last one, two days later. Unfortunately the last cygnet was too small and weak and did not survive. That left seven but then one went missing. It has since been found and reunited with its family - for a full report visit the Bishop’s Palace website Swan News.



Virtual interns at St John’s: Thanks to the initiative of a researcher who visited St John’s archives some years ago we now have a couple of students from Georgia Southern University placed as virtual interns for the summer term, and they will be transcribing some of the eighteenth century churchwardens accounts in our archives. **Colin Alsbury**

Last week’s crossword answers

ACROSS:

- 8, Bottomless pit. 9, Ice.
10, Decalogue. 11, Limbo.
13, Seconds. 16, Crimson.
19, Eager. 22, Abhorrent.
24, Lap. 25, Alpha and Omega.

DOWN:

- 1, Abdiel. 2, Stream.
3, Wondrous. 4, Flocks. 5, USCL.
6, A pagan. 7, Athens. 12, IOR.
14, Creation. 15, Dye. 16, Cravat. 17, In hope.
18, Need no. 20, Galley.
21, Repeat. 23, Read

This week’s SUDOKU

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			2				3
		7	1			6	9
	1				4	9	
	2	6					7
1	9				5	8	
3					4		
7					9	1	

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