



# The Edgehill Churches

## Parish Link

Loving  
God,  
Serving  
People,  
Growing  
Community

## Resilient living

May 2018

What does it take to live a resilient life in the face of today's stresses and pressures?

Last month, Richard Cooke wrote about the expected arrival of his new puppies, and coincidentally, we collected our new Miniature Poodle, Bonnie, on Easter Monday. She has been raised so well by the breeder, that she is fearless, confident, and a lovely resilient little puppy. It took her one day to settle in, even when she was faced with the firm growls from our other two dogs, Sophy the Labradoodle and Bertie the sort-of Jack Russell, as they established pack dominance over her. I'm hoping that Bonnie's strength of character and bouncy nature will continue.

Raising baby humans is considerably different, of course. A good childhood in a secure home can instil lifelong resilience. Loving care, and affirmation from significant figures goes a long way to enable resilience. Despite that, some of us may have or had illnesses, mental or physical, that disrupt our natural hardiness. Others of us may not have had the privilege of a benign and happy upbringing, or we may have experienced life events, or work, relationship, or family difficulties, which have knocked us sideways emotionally. Some of these may be continuing even today. Perhaps we cope well under normal conditions, but when pressure builds, for whatever reason, we struggle.

Jesus' friends were pretty frightened after Jesus was crucified. They hid in a room behind locked doors, for fear that the authorities would pick them out as the disciples of that troublesome itinerant preacher they had got rid of. They had lost their leader to a terrible death, and they were deeply sad and grieving. Even together, supporting one another, they weren't hugely resilient. The men were aware that they had all run away when Jesus was captured. Simon Peter was struggling with guilt because he had denied that he was one of Jesus's followers when he was challenged. They were a pretty miserable bunch. Jesus had said to them before he died, "My yoke is easy and my burden is light", but it

doesn't seem to have felt like that to his disciples. They were burdened with grief, guilt and terror.



*Primroses growing between paving slabs*

Yet 40 days later, having seen, touched, spoken to, and even eaten breakfast with the risen, living Jesus, and realising that death had no hold over him, they came into a full experience of spiritual wellbeing when the Holy Spirit was poured out on them on the Day of Pentecost, which we celebrate this year on May 20<sup>th</sup>. Filled with joy, eloquence, and the peace of God which is

beyond understanding, the disciples, men and women, found a new resilience that enabled them to courageously tell others the good news about the man-God Jesus, and about God's unconditional love for all: a resilience that took them through persecutions, and even martyrdom.

I wonder what helps you to be resilient in the face of stress and difficulties? Perhaps you have loving support systems in place or find relief from stress in exercise of some kind, even if these just help you to escape the pressure without dealing with the underlying causes. Maybe you are a person who sings away your stress, or someone who has learnt that watching TV calms you. If you find resilience a challenge, you may be interested in coming along to a new course called **Living well** that starts on May 10<sup>th</sup> where we will be exploring different ways to build resilience and increase our ability to manage stress.

Revd Dr Beren Hartless

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## MAY SERVICES IN THE EDGEHILL CHURCHES

	Kineton		Combroke	Radway	Ratley	Warmington	Shotteswell
6 <sup>th</sup>	8.30am BCP Comm	10.30am Simply Celebrate		8.30am Communion	10.30am Communion		8:30am BCP Comm
13 <sup>th</sup>		10.30am Communion	9.00am Communion	2.30pm Village Worship and Baptism	5.40pm Compline	10.30am Communion	8.30am Communion
20 <sup>th</sup>	8.30am BCP Comm	10.30am Morning Worship		10.30am Communion	6.30pm Communion	10.30am Communion	8.30am Communion
27 <sup>th</sup>		10.30am Communion			6.30pm Evensong	4.30pm Pint's of View	8.30am Communion

### Meet & Eat

**Tuesday 1st May 12 'til 2pm  
in Kineton Methodist Church Hall**

More info: Diana 07749 599211 or Chris 01926 640904



### MIDWEEK COMMUNION SERVICE

**Thursday 3rd May at 11am**

at St Peter's Church, Kineton

With traditional hymns played on the organ.

### ARCHBISHOP OF CANTERBURY VISIT

**Saturday 5th May at Cov. Cathedral 10.30am to 4pm**

The Archbishop is visiting to celebrate the diocese's Centenary Festival. Loads of activities and shows through the day including a Messy Cathedral service.

More information available from

<https://cov100.org/archbishop/>



### SIMPLY CELEBRATE

**Sunday 6th May 10am  
St Peter's Kineton**



Come for *breakfast* to begin the service. A time with God for everyone, with drama, puppets, activities, fun, songs and more. A time with God for everyone, with drama, puppets, activities, fun, songs and more.



**Sunday 20th May at 4pm,  
at Kineton Primary School**

Crafts, games, activities and fun for all the family plus a hot meal together.

More info from Sarah: [Sarah.Jackson05@hotmail.co.uk](mailto:Sarah.Jackson05@hotmail.co.uk) or 01926 640248

### CONNECT

A group for 12-15 year olds

**Sunday 6th May from  
6 to 7:30pm at the Vicarage**

Films, video clips, pizza, chill & chat about God, life, the universe and everything.



### SHOTTESWELL LUNCH

**Saturday 5th May 12.30pm**

Shotteswell Village Hall

Come and join us for good company over a light lunch.

Details from Pauline Tarrant 01295 730687



### PINTS OF VIEW

**Rose & Crown, Ratley Sun 13<sup>th</sup> May at 6pm  
Plough, Warmington Sun 27<sup>th</sup> May at 4.30pm**

Whatever your *pint of choice*, come & share your *point of view*.

Each month we explore a theme or story from the news

### BIG BREKKIE FOR CHRISTIAN AID

**19<sup>th</sup> May, 9.30-11.30 am, Kineton Village**

Hall. A fun opportunity for breakfast with friends and raise money for Christian Aid.



**Toddle in Wednesdays from 9-10.30am in  
Kineton Methodist Church Hall**

A time of singing, stories and fun for parents and children aged 0-preschool.



### THRIVE

A group for young people from 9-12 years old

**Meeting on Sunday 20th May  
from 6:00-7.30pm at St Peters Church, Kineton**

Have fun with friends and learn more about God!  
Contact Tanita [tanita@edgehillchurches.org](mailto:tanita@edgehillchurches.org) or 07707 926978, or Eira on 07837 064081, [eirahale@gmail.com](mailto:eirahale@gmail.com)

### MEDITATION SERVICE

**Sunday 27th May at 6pm**

St Peter's Kineton

Exploring ways of knowing God through contemplative prayer



### Managing Stress and Building Resilience

**Thurs 10<sup>th</sup> May, 7.30pm at  
Kineton Primary School**

A new five-week course that explores ways to help people thrive in the busyness of life today. Living Well looks at the causes of stress, how to manage it and practical ways that we can increase our ability to cope with it.

For more info or to book a place email

Katie at [edgehilloffice@gmail.com](mailto:edgehilloffice@gmail.com)