

Dear Friends,

28th May 2020

The sun is still shining and this Sunday we reach Pentecost.

We will have had our ups and downs but there is a feeling of hope around. Gently the unlock is beginning and some things at least will return. Not normal church just yet, but it will come eventually.

Our prayers for the coming week must surely be for our schools. There has been a huge amount of work behind the scenes. Planning for a moderate return has been like planning a military operation and it is still very unclear how well it will go. About 50% of parents who were asked said they were ok about sending their children back, and most, but not all teachers were fine to go back.

Meanwhile how are you doing? That's mentally and physically. This crisis has shown us more than ever how the two are interwoven. Many of us have found considerable joy in cooking fabulous meals. I discovered a great new cookbook called Falastin. It's Palestinian cooking and pure delight to read. It evokes the heat, the smells, the sounds of the land. Last Saturday I made this amazing dish: aubergine, tomato and chickpea bake -Musaqa'a. It took ages to make but it was worth it -just delicious!

Of course it is possible to overdo the eating. The Germans have a name for this problem 'Coronaspeck', corona bacon, those extra pounds that somehow sneak on when you are not looking. So to keep enjoying cooking but to keep the speck at bay I have done a bit more exercise. I was quite pleased with my 17/18 k a day until I saw Helen Biggerstaff's Facebook page for Saturday. Using a virtual programme called Zwift she had been in the Alps on her bike. 8 hours, 18,000 ft elevation and 82 miles. Good grief! Why?



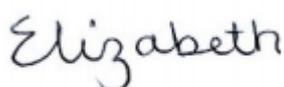
This is why: 'It has been a very tough few months at Wycombe Homeless Connection with the Covid-19 pandemic and we have worked tirelessly to get everyone accommodated. This has come at a cost to us as a charity and so on the 25th July I will be attempting a virtual Everest climb on the [Zwift](#) cycling platform. I have been training hard on my bike using an indoor trainer and expect the 210km and 8850m of ascent to take 15 hrs!

I have been cycling all my life and have done some very big challenges, but I think this one will be the hardest yet.....'

We will let you know more details about how to support her nearer the time -but wow!

Please join us for our Pentecost Services as usual. We are going live a couple of minutes before the start time so that you can have time to find us. Do get in touch if you'd like a chat, a prayer or help. We will write again soon.

With our love and prayers,



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