

**ALL SAINTS CHURCH BOYNE HILL
MAIDENHEAD
PARISH NEWS**

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Dear parishioners and friends of All Saints, Boyne Hill,

I am writing this letter to you the people of All Saints on Wednesday morning in Holy Week. I wish that I was about to begin sharing with you the pilgrim journey through Maundy Thursday, Good Friday and Holy Saturday leading into the Easter morning service of Resurrection light. However, because of COVID19 I find myself like the rest of the Church communion across the world having to find different ways of sharing with you my brothers & sisters in Christ from All Saints, Boyne Hill.

As I thought about what to write in this letter, I looked back to some of the things that have happened since the week before Lent, throughout Lent through to Holy Week. On the 23rd February (The Transfiguration when Jesus went on the mountain with Peter, James and John) and asked them to overcome their fears to form communities of Love. I spoke that morning of overcoming our phobias which can be translated as terror, fear, alarm or fright but also reverence, awe and respect.

We are all in some way or another facing our own terrors, alarms and fears caused by this horrible virus. We are fearful for our loved ones, for ourselves, perhaps at times fearful of being alone, of not being there for ones we love. We are fearful perhaps for the uncertainty these times are bringing, loss of jobs, impact on finance, the impact on shopping habits, our freedom to live lives in the company of our friends and family. This week the loss of being able to share Our Lord's Last Supper, His sacrifice on the Cross, His victory of Light over Darkness, Goodness over Evil and New Life over Death. However, although we cannot share those events in the flesh the Christ who is present at the Lord's Supper, in desolation on the Cross and in Resurrection Glory on Easter morning is still there for us.

In that sermon before entering Lent I reminded you of Martin Luther King from the film 'Selma' and his search for a better world. I quoted King in Memphis, Tennessee in 1968. 'I just want to do God's will. And he's allowed me to go up the mountain and I've looked over and I've seen the promised land.' Luther overcame his fears and found the love that sought a better world. 1 John 4: 18 from John's epistle tells us that perfect love drives out fear. That is the hope we have this Easter. That his resurrection born out of God's love for this world will overcome all our fears. I turn now to last weekend and Palm Sunday. I joined with 24million other viewers on Channel 4 to listen to the Queen's speech to the nation. On her 90th birthday in 2016 The Bishop of London at the time, Richard Chartres, with other Christian representatives and other world faiths shared an act of thanksgiving to mark the occasion. They said we give thanks for her dutiful commitment to her people. We give thanks for her loving leadership of nation and family. We give thanks for her royal dignity in joy and in adversity. And we give thanks for her kindly humanity to one and all.'

The Queen demonstrated those qualities as she last weekend spoke to energise the country to pull together to fight against coronavirus. She said how the virus had brought grief and fear to many, but she gave thanks for the key workers especially the NHS workers and care workers living sacrificially to care for us. She thanked all of us staying at home to protect the vulnerable and sparing families the pain felt by the loss of loved ones. The Queen gave thanks too for the heart-warming stories of coming together to help others. The checking on neighbours, the food parcels and medicine deliveries. All Saints has been doing just that allowing God's love to be shared with our neighbours. In 2002 The Queen was asked what is the secret to her remarkable consistency of character and extraordinary contribution to nation, commonwealth and the global community? She replied 'I know just how much I rely on my faith to guide me through the good times and the bad. I know that the way to live my life is to try to do what is right,

to take the long view, to give my best in all that day brings and to put my trust in God. I draw strength from the message of hope in the Christian Gospel.' We can be inspired by The Queen's words of faith. We draw hope too this Easter, from seeing like Luther that we can overcome fears and see the promised land and live lives that show love driving out fear. We draw hope too, from the Queen, from the selfless response of people around Britain, from the community of All Saints, Boyne Hill as you support each other. Most of all I draw hope that on Easter Day we proclaim in reverence that Christ gave His Life that we might have new life.

May we continue to channel God's love and light to others.

May you have a peaceful, blessed and hopeful Easter,

With our love and prayers,

Fr Jeremy, Monika, Jeanette and Jo who have contributed to our sermons this week, our wardens, Ken and Anne and Revd Judith who supports us throughout the year.

Aspects of The Communion Model of Church that we follow at All Saints

I will be writing about the model in next week's newsletter but here are some ways we are seeing communion.

1. The communion model talks about the importance of the local body of Christ – All Saints, Boyne Hill and the wider church. With this in mind please note this week the following:
 - a. Oxford Diocesan services from our website for Maundy Thursday, Good Friday and the Easter Vigil
 - b. Church of England Easter morning service from Canterbury with the Archbishop of Canterbury, Justin Welby officiating and Bishop Rose Hudson-Wilkin reflecting on stories of how the Canterbury Diocese is stepping up to the challenge of the Corona virus. The prayers will be led by 10-year-old Theo! Viewing at 9am on the Church of England website or 8.10am on BBC radio 4
 - c. Walsingham – Many of you have appreciated the pilgrimages to England's Nazareth. The place where John Ainslie once said 'We become the people God wants us to be' – The Catholic shrine are offering services on www.walsingham.org.uk/live-stream
2. I was speaking to our dear friend Fr Kevin Scully, the Warden of The College of St Barnabas and formerly Parish Priest of St Matthew's Bethnal Green. I informed Kevin that we were keeping in contact with the community in various ways and that parishioners and the wider community are sharing small acts of kindness and love. Fr Kevin's response 'Jeremy, instead of you talking about the Communion model your parish are living it!'
3. The Saints Slot!

Each week I will offer a prayer from a Saint following the title of our church. This week someone not given the title of a Saint but someone who had from all accounts a Saintliness about him.

Archbishop of Canterbury Michael Ramsey

He was born in 1904 and was Archbishop of Canterbury from 1961-1974. He died in 1988. He gave great leadership to the Anglican communion by his theology, social compassion and commitment to the Ecumenical movement. Ramsey was a spiritual leader and teacher of great simplicity yet with depth. He had a wonderful rapport with young people.

Being with God

Ramsey writes 'It means putting yourself near God, with God, in a time of quietness every day. You put yourself with God, empty perhaps, but hungry and thirsty for him. You can be very near him in your simple sincerity; and he will do the rest, drawing out from you longing deeper than you ever knew were there, and pouring into you trust and love.'

Praying for others

Anywhere, everywhere, God is to be found. You can be on God's side of every situation, for God's side is part of every situation. Your prayer will then become a rhythmic movement of all your powers, moving into the needs of other people in intercession. In contemplation you will reach into the peace and stillness of God's eternity; in intercession you will reach into the rough and tumble of the world of time and change.

Prayer

Lord, Take my heart and break it:
Break it not in the way I would like,
But in the way you know to be best.
And because it is you who break it,
I will not be afraid,
For in your hands all is safe,
And I am safe.

Lord, take my heart and fill it with your joy,
Not always in ways I like,
But in the ways you know best,
That your joy may be fulfilled in me.
So, Lord, I am ready to be your friend, your servant. Amen.

These resources are taken from 'Prayers of Our Faith' by Canterbury Press, Norwich.

Following on from this prayer of the Saints Slot Sue Nordberg has suggested we send in helpful readings, poems, prayers that can be shared.

Sue says, "In these troubled times we most of us would turn to God and His word for strength, comfort, support and inspiration. Then there are the other words that we may have found in prose and poetry, in autobiographies, in histories, and perhaps in the words of friends, which have helped us through times of difficulty and hardship which we have faced before.

It would be wonderful if we could share those words with each other and we wonder if you would be willing to send in your contributions to All Saints Church so that we could publish them in our newsletter.

I have found this poem a great inspiration and hope you do":

*Always joyful, Lord?
It's not easy to accept,
but it is written down there.
I just have to try to work it out.
First, joy in people.
Not that they were perfect, those "saints" in Philippi.
Just ordinary Christians, like me,
like the ones who stand in the pews
and sing with me on Sunday.
Folk who gather, not because they're good
but because they know their need of you.
Still struggling with their personalities.
Still doing the things they don't want to do.
Finding it hard to do the right things.*

*Lord, help me to rejoice in the people I know.
They aren't perfect, but neither am I.
Pigheaded, stubborn, timid and aggressive by turn,
but also kind and helpful.
Loving when I need them.*

*Willing to give a hand when I go down.
And when I open my eyes I can see you in them.
You, leading them — and me, Lord, **and** me —
slowly, sometimes painfully,
but with infinite love and understanding
to a deeper knowledge of yourself.
And there's the joy, because we are pilgrims.
Together. With you.*

*But joyful in prison, Lord? Honestly?
Was Paul really able to forget where he was,
to ignore the confinement, the restrictions and frustrations,
and laugh?
No, Lord, it wasn't as superficial as that.
It was your presence, Lord, and his confidence in you.
You'd never let him down.
He'd been bullied, and flogged, laughed at and cursed,
left half dead,
but you were always there.
Not only strengthening him, but suffering with him.
Holding him up. Leading him on.
Loving him.
And with you there
the places and conditions don't matter quite so much.
Lord, let me know you near, as Paul did.
Let me know, beyond doubt, that you will never go away.
And whether things are easy or tough
let me know through my laughter and tears
that you are with me.
And there's the joy.*

If you have any contributions please email them to nordbergjs@aol.com or send them to Sue Nordberg , Twelfth House, Ray Mead Rd. Maidenhead SL67NJ. They will go out as an occasional attachment to this newsletter.

4. I have received an email and telephone call from the RBWM. They are impressed with our church, the way we are offering support to people, the information we are directing people too such as spiritual resources and COVID 19 NHS Advice via. Rod Broad and The Diocese of Oxford. They are pleased too that we are offering other community links eg Maidenhead Football Club. One of our members is using a very friendly food delivery service via a lady from the Football club. – Community is flourishing!

Have a blessed and peaceful Easter,

Love

Fr Jeremy & Monika

Sounds of Worship Good Friday

The Good Friday liturgy is the second part of the Holy Triduum which leads us through the sorrows of Passiontide to the resurrection Joy of Easter Eve. On Good Friday we recount the passion story and venerate the cross.

We would have opened the service by singing “There is a green hill far away” AM 153. The words of which were written by Cecil Frances Alexander (1818-895) which are slightly ambiguous names for the wife of a clergyman. Mrs. Alexander was born and lived in Ireland near Dublin. From an early age she was interested in literature, poetry and hymn writing. In 1848, (2 years before she married William Alexander, a young priest who ultimately became the Bishop of Dublin and Raphoe) she published a collection of hymns under the title, “Hymns for Little Children”. This

remarkable collection includes three of the best-known hymns still in use today, "Once in Royal David's City", "All things bright and beautiful" and "There is a green hill."

"There is a green hill" has the feel of a bed-time story about it. It sets time and place of the story in the first two lines and in very direct and concise way, during the course of the hymn, states the redemptive power of the crucifixion. The bed-time story feel of Alexanders' children's hymns is even more apparent in "Once in Royal David's city" by emulating the, "Once upon a time....." formula.

In terms of time and place of the story "There is a green hill" is set more in "Green and pleasant land" than a dusty, scrubby, outskirt of 1st century Jerusalem. This crucifixion is set in a rural (Irish) environment but, "far away", to use another bedtime story cliché. Another familiar feature of this hymn is the second line, "Without a city wall". Without can mean either the absence of something or, as in this case, outside. However, at first glance it is easy to assume, the former meaning which reinforces the open, rural nature of the green hill. But why not use "outside", instead of "without" to make the meaning unambiguously clear? This is where the poetic sound of the words becomes important, "without" continues the alliteration of the "w" in away, wall and where. Try reading the verse out loud and substitute "outside" for "without". It destroys the phonetic flow of the verse.

For many generations, this hymn has been learnt by children at primary school and is remembered by many for a lifetime. When one sings it, later in life, it can evoke childhood innocence which I perceive adds to the power of the emotional response to Good Friday knowing that Jesus was himself innocent of a crime but sacrificed for all humanity's sins.

The most popular tune for this hymn is Horsley, written by William Horsley (1774-1858). The tune starts with a simple ascending scale and the harmonies shift the music away from its home key first to a related one at the end of the second line and to an even more distant one at the end of the third but then very quickly returns to the home key in the final line. A simple musical device which gives the hymn a sense of journey and safe return, just like a good bedtime story.

[There Is A Green Hill Far Away - King's College, Cambridge.](#)

1. There is a green hill far away,
Without a city wall,
Where the dear Lord was crucified,
Who died to save us all.
2. Oh, dearly, dearly has He loved,
And died our sins to bear;
We trust in His redeeming blood,
And life eternal share.
3. We may not know, we cannot tell,
What pains He had to bear;
But we believe it was for us
He hung and suffered there.
4. He died that we might be forgiven,
He died to make us good,
That we might from our sins be freed,
Saved by His precious blood.
5. There was no other good enough
To pay the price of sin,
He only could divine life give
And dwell Himself within.

The Good Friday liturgy contains a reading of the passion story. The setting of the St John Passion by J S Bach is one of the most dramatic and moving musical settings of these words ever written. There is always a performance of either this work or Bach's more extensive but reflective Matthew Passion on Radio 3 on Good Friday. I recommend you explore these or other recordings.

Another key part of the Good Friday liturgy is the veneration of the cross for which the hymn "When I survey the wondrous cross" AM 157 is highly appropriate.

[King's College Cambridge 2011 Easter #10 When I survey the Wonderful Cross Rockingham](#)

1. When I survey the wondrous Cross
On which the Prince of Glory died,
My richest gain I count but Loss,
And pour contempt on all my Pride.
2. Forbid it, Lord, that I should boast,
Save in the cross of Christ my God:
All the vain things that charm me most,
I sacrifice them to his blood.
3. See from his head, his hands, his feet,
Sorrow and Love flow mingled down!
Did e'er such Love and Sorrow meet?
Or thorns compose so rich a Crown?
4. His dying Crimson, like a robe,
Spreads o'er his Body on the tree;
Then am I dead to all the globe,
And all the globe is dead to me.
5. Were the whole realm of nature mine,
That were a present far too small;
Love so amazing, so divine,
Demands my soul, my life, my all.

The words are by Isaac Watts (1674-1748). Watts is credited with writing c750 hymns. He was a non-conformist minister who had a significant influence on the development of hymn writing. Metrical hymns as we know them today have their origins in paraphrases of the Psalms and biblical texts. Watts composed many hymns in that form but he developed a broader range of subjects and means of expression which led to the huge increase of hymn writing in the 19th century and beyond. "When I survey" is an excellent example of using the hymn as a means of personal expression of faith. It is written in the first person (unlike the story-telling third person of "There is a green hill") and expresses the desire for total dedication of life of Christian love.

It is interesting comparing this hymn with "My song is love unknown" (Sounds of Worship Palm Sunday). "My song is love unknown" is also set in the first person singular and illustrates the concepts of Christian love. Samuel Crossman, an earlier contemporary of Watts was also a non-conformist but was subsequently was accepted into the Church of England.

"When I survey the wondrous cross" is sung to the tune Rockingham which was written by Edward Miller (1731-1807). Edward Miller adapted ROCKINGHAM from an earlier tune, TUNEBRIDGE, which had been published in Aaron Williams's *A Second Supplement to Psalmody in Miniature* (c. 1780). The tune's title refers to a friend and patron of Edward Miller, the Marquis of Rockingham, who served twice as Great Britain's prime minister.

A competent flute and organ player, Miller was organist at the parish church in Doncaster from 1756 to 1807. Miller was active in the musical life of the Doncaster region and composed keyboard sonatas and church music. His most

influential publications were *The Psalms of David for the Use of Parish Churches* (1790), in which he sought to reform metrical psalmody (and which included ROCKINGHAM), and *David's Harp* (1805), an important Methodist tunebook issued by Miller with his son.

Normally the Good Friday liturgy ends in silence but I had prepared to play the Chorale prelude on “Herzlich tut mich verlangen” (My heart is filled with longing) by Johannes Brahms for a voluntary on Passion Sunday (March 29th) but it is equally suitable to provide a coda to the Good Friday liturgy. The Chorale “Herzlich tut mich verlangen” is also set to the well-known hymn “O sacred head surrounded”. Brahms wrote very little for the organ but at the end of his life he wrote Eleven Choral Preludes for organ (Opus 22), which contains two settings of “Herzlich tut mich verlangen”. The one I have chose is No 10 in the set. The manual part is set low on the keyboard and has a persistent underlying pulsating beat to it. The chorale is soloed on the pedals but given the low pitch of the manual part it sounds in the middle of the texture. The recurring pulsating figure lends a sense of menace and forbidding to the piece. Then there is a middle section where the manual part rises up the keyboard and the pulsating figure stops. This effect has the symbolism that would have been familiar to J S Bach, that is an ascent to heavenly glory. Then the music sinks back to earth and the pulsating accompaniment returns. The pulse becomes slower and more irregular towards the end of the piece and reveals its true nature as a heart-beat that is strong in life but fades away and stops in death.

[Johannes Brahms : "Herzlich tut mich verlangen". Thibaut Duret, orgue. Lyon, St Louis.](#)

Worship for Easter Day 12th April 2020

THE COLLECT

Lord of all life and power, who through the mighty resurrection of your Son overcame the old order of sin and death to make all things new in him: grant that we, being dead to sin and alive to you in Jesus Christ, may reign with him in glory; to whom with you and the Holy Spirit be praise and honour, glory and might, now and in all eternity. **Amen.**

FIRST READING

Acts 10: 34 — 43

Peter began to speak to those assembled in the house of Cornelius: ‘I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him. You know the message he sent to the people of Israel, preaching peace by Jesus Christ – he is Lord of all. That message spread throughout Judea, beginning in Galilee after the baptism that John announced: how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him. We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead. He commanded us to preach to the people and to testify that he is the one ordained by God as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name.’

GOSPEL

Matthew 28: 1 – 10

After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary went to see the tomb. And suddenly there was a great earthquake; for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow. For fear of him the guards shook and became like dead men. But the angel said to the women, ‘Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said. Come, see the place where he lay. Then go quickly and tell his disciples, “He has been raised from the dead, and indeed he is going ahead of you to Galilee; there you will see him.” This is my message for you.’ So they left the tomb quickly with fear and great joy, and ran to tell his disciples. Suddenly Jesus met them and said, ‘Greetings!’ And they came to him, took hold of his feet, and worshipped him. Then Jesus said to them, ‘Do not be afraid; go and tell my brothers to go to Galilee; there they will see me.’

SERMON

One of the enjoyable parts of ministry at All Saints has been the use of film at different times and occasions. Mike & Jan Moss host every other month, film night at their home and we have enjoyed some great entertainment with a cinema experience with the film beamed onto the wall of their living room. Popcorn and wine has been shared and thoughtful conversations taken place.

In 2012 that wonderful year of the Olympic games in London encouraged those of us at All Saints to look at sporting films that challenge us. The film about the rugby World cup in South Africa about Mandela's call for solidarity and unity of his country in 'Invictus' stands out for me.

Assemblies at Altwood school have enabled me to use a film clip to highlight a theme to open the assembly. Examples include Paddington (film one) and the welcome (or not) of the famous bear on arrival at Paddington station. What welcome do we offer in society and in our churches? Another example would include 'Billy Elliot' and the question posed to the young ballet dancer – what does it feel like when you dance? He replies 'Electricity'. I have used that endless times to talk about God's grace and Holy Spirit at work in us.

The Friday night youth club that ran at the vicarage for 3-4 years covered a wide range of films. Perhaps one of the best as an experience and for discussion with the young people was 'Inside Out' the film that poses the question, 'Do you ever look at someone and wonder what's going on inside their head?'

It is this film that I used as my Easter sermon on April 1st 2018. Just like those of us who have only Free View Television you are going to get a repeat for 2020. However, I will try in this talk to adapt for the needs of today.

As you will know I have been asking you during my blog to think about the inner spiritual journey. We are not able to come together as community in a physical sense, so we need to journey internally. 'Inside out' takes an imaginative journey into the mind of 11 year old Riley where we find five emotions are hard at work, led by light hearted Joy. Joy strives to make sure that she functions alongside fellow emotions Fear, Anger, Disgust and Sadness to make sure Riley stays happy or at least stable in her view on life. One of the key parts of our journey through COVID 19 is maintaining our mental health and that is a key issue of the film.

Let's set the scene then. Riley is a very happy young girl with lots of friends, good at sport and enjoying the comfortable life of the Mid West of the USA. Suddenly, her life is thrown upside down (We all know that experience at this time) as she with her family move to the big city of San Francisco. The five characters inside her mind, sadness the little girl with glasses, disgust with arched eyebrows, fear the highly strung purple character, anger the red character with fire coming out of his head! Oh, and Joy with her beautiful looks and beaming smile.

The emotions and feelings kick in quickly as Riley moves home. Fear of moving to a new school, anger with her parents for moving them, disgust as she sees a mouse in her new home and deplores the behaviour of her classmates and sadness as she misses her old life. Over the story Riley is desperate to find her joyful self again. We the viewer are drawn into the story as sadness, fear, anger and disgust meets with joy.

This Holy Week perhaps we feel those emotions. Anger at things happening in our world. Loss of jobs and selfish shopping. Viewing a nurse who has worked for 48 hours unable to find food. Disgust at those refusing to keep social distancing or at the germs that can impact upon our wellbeing. Fear for our jobs, our homes, our security, our lives and the lives of those we love being lost. Sadness for the many families who have lost loved ones here and across the world. What joy then?

We have made our pilgrim journey from Palm Sunday and the crowds. Some angry with Jesus, some fearful of him, some excited by him even though they may not understand him. Jesus perhaps felt sadness as people fail to understand him!

Maundy Thursday we find some sense of joy at Passover, at simply sharing a meal, sadness that this might be the last meal and that our hope would leave us. And yes, disgust at washing those feet. And yet this was a sign for us to wash others and my goodness people from this parish alongside parishes across the Church have been doing that.

Good Friday we discover Jesus angry with Peter as he tries to stop his arrest. All of us sad that we feel like Peter in rejecting Jesus at times in our life. Jesus' fear 'Not my will but yours', 'take this cup from me' 'my God, my God why hath thou forsaken me?'

Easter Vigil /Easter Morning – We share with Riley the emotions of sadness meeting with joy. The paschal candle last night is where that takes place. Jesus' love overcoming evil, his light overcoming darkness, his New Life overcoming death.

In Matthew's gospel today Mary Magdalene overcomes fear, and with Mary overcomes sadness and desolation. The angel says to them 'get on your way quickly and tell his disciples, He Is risen from the dead'. 'The women, full of joy, lost no time in leaving the tomb to tell the disciples.'

So then my friends, recalling our baptismal promises, we go forth to channel God's love, to walk in God's light, to rejoice in God's love and to reflect God's glory.

In the name of the Father, The Son and The Holy Spirit.

Amen.

Reflection by Greg Hurst

Time seems to have slowed to a snail's pace during this lockdown.

It seems an age since Father Jeremy first told us one Sunday of Church of England advice that we might wish to reconsider shaking hands during the sign of The Peace and need not use the shared chalice to receive Communion. The congregation cheerfully embraced one another regardless. That was mid-February.

How different life feels now. I drove our car though quiet Maidenhead streets to the garage this week for essential maintenance. When I parked, the owner held out a long fishing net to receive the keys.

I also had my first assignment during the lockdown for my work as a journalist. The idea was to see how vulnerable adults with learning difficulties and mental ill health are coping with the restrictions.

I visited a community allotment which has re-opened using 90-minute timed slots for each adult it supports. They wear face masks and thin gloves, and use their own trowel and spade, but told me how precious it has been to carry on gardening.

I had to wear a face mask and gloves, too. It was my first experience of wearing a face mask and I kept fiddling with it as it slipped beneath my nose. But, as we approach Easter, it was uplifting to see how some isolated people are still receiving love and support.

PS: I hope other parishioners have, like me, followed the recipes in Father Jeremy's blog on the All Saints website. Paul Lion's dhal recipe was delicious. More please!

PS from the Covid19 Frontline

On 15th March our middle son, Nick, showed symptoms of Corona virus and started self-isolating at home. Over the next days 10 days his symptoms fluctuated and eventually on 27th March he was admitted to Stoke Mandeville Hospital and placed on a ventilator. His wife and children, of course, unable to visit, and the wider family unable to visit them. Since then our daily routine has been: sleep fitfully, praying for Nick as we lie awake. Take our permitted hour of exercise, come home, have breakfast, keeping going with the praying. After breakfast our daughter-in-law rings with the bulletin from the hospital; this news is seldom good; Nick is one of the sickest patients they have. She then WhatsApp this to the family and I relay it to friends who are kind enough to be concerned. Louise then carries on with keeping the 11 and 9 year olds occupied, and we can get on with our day, trying to find things to keep us busy. Eat, pray, sleep basically. WhatsApp the children to give Louise some time to herself. The nature of this illness means that nothing stays the same for very long. The amount of oxygen he needs changes, his organs don't work properly so other machines are needed. This is a 41 year old who ran a marathon in November! The medical term for all this is "Rollercoaster", and it certainly is; it's one of those very big steep ones with a dark tunnel halfway round and makes you feel sick. We have never felt so helpless, but we are all touched by the huge numbers of people who have included us in their prayers. Our eldest son has a framed motto which says: "It will be all right in the end: if it's not all right, it's not the end" And that's our prayer too.

Mike & Jan Moss