



The Edgehill Churches

Parish Link

*Loving
God,
Serving
People,
Growing
Community*

Cultivating Compassion

Oct 2023



The scale of the disasters in the world over these last few months is hard to comprehend. Most recently, there has been an earthquake in Morocco and floods in Libya, but there have been so many fires, floods, and disasters reported that we can become indifferent or numb to the figures.

Studies have shown that we not only become numb as the number of people affected by a disaster increases, but our compassion can fade or even collapse.

Emotional numbing is an internal protective mechanism, and it can kick in when we are dealing with a lot of personal stress, grief, or heartbreak, as well as when we are confronted by the scale of the suffering in the world. We all have times when we feel more or less engaged with life, or times when we are excited or pessimistic about the future. However, if we find ourselves becoming consistently numb to the world around us, it affects our work, our relationships, and our whole lives.

The challenge is that numbness can extend to positive emotions as well. As Brene Brown writes:

We cannot selectively numb emotion. If we numb the dark, we numb the light. If we take the edge off pain and discomfort, we are, by default, taking the edge off joy, love, belonging, and the other emotions that give meaning to our lives.

As well as being numb to the suffering around us we can become numb to the good things too.

What works for bringing our emotions back to life will vary from person to person, and sometimes we need professional help. But a couple of things that I've found helpful are in the gratitude exercises recommended by the Living Well course...

1. Take time at the end of every day, write down three things that you are grateful for.
2. And (if you want to take it up a level) think about someone who is/was influential/important in your life, write down why they are so important, and why you are grateful for them... then go and read what you've

written to that person. It will have a massive impact both for them and for you.

Gratitude is also the main theme of the many harvest services and celebrations at this time of year. Too often, we can take the things we have for granted, and we can't be grateful for things that we believe we're entitled to. The harvest celebrations are a reminder to be grateful for what we have.

Remembering those things and people that we are thankful for is a great way to wake up our positive emotions, and they, in turn, can help to reawaken our compassion for others and inspire us to want to do what we can to help.

My prayer is that as our hearts are moved in gratitude for what we have, they will also be moved with compassion for those in need. And that we would be inspired to want to make a difference.

We may not feel we can do much, but as Paul Shane Spear once said, 'As one person, I cannot change the world, but I can change the world of one person.'

Rev Barry Jackson

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OCTOBER SERVICES IN THE EDGEHILL PARISHES

| | Kineton | Combroke | Radway | Ratley | Warmington | Shotteswell |
|------|--|----------------------------|----------------------|---------------------|----------------------|--------------------------|
| 1st | 10.00am Simply Harvest | | 3pm Harvest | 6pm Harvest | | 8:30am BCP Comm |
| 8th | 10.30am Communion | 9.00am Communion | | | 10.30am Harvest | |
| 15th | 8.30am BCP Comm | 10.30am Morning Worship | 10.30am Communion | 6.30pm Communion | | 8.30am Communion |
| 22nd | | 10.30am Communion | 4.00pm Harvest | 6.30pm Harvest | 10.30am Communion | 8.30am Communion |
| 29th | 10:30am At Kineton Methodist Chapel | | | | | 10.30am Benefice Comm |

SHOTTESWELL LUNCH

**Saturday 7th Oct, 12.30 - 2pm,
Shotteswell Village Hall**



Come and join us for some good company over a light lunch. Small raffle with proceeds in aid of St Laurence Church, Shotteswell. Details from Pauline on 01295 730687 or pauline.tarrant@hotmail.co.uk

HARVEST SERVICES

Radway harvest service is at 3pm on 1st Oct. followed by a supper at 7pm on Monday 2nd Oct in the village hall.

Ratley harvest service is at 6.00pm on 1st Oct. followed by drinks in the Rose and Crown

Warmington harvest service is at 10:30am on 8th Oct.



SIMPLY HARVEST

**Sunday 1st Oct 10am
St Peter's Kineton**



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

Our young people help lead the service, **if your young people would like to take part, please contact Liz at lizhostelofson@yahoo.com.**

THE BEREAVEMENT JOURNEY

Mondays, 1:00-2:15pm from 16th Oct at the Bereavement Café in the Scout hut Kineton

This five-session course is for anyone who is bereaved, whether recently or dating back several years. It is suitable for people of all faiths and beliefs and designed to help you work through your grief and loss.

For more information or to book your free place email Helen at helengunton1@gmail.com



Conflict resolution in a divided world

A 7 week course for 11-15 year olds that explores how to deal with tensions and conflict.

From Sunday 24th Sept at 6pm

For more info contact Sarah at sarah.jackson05@hotmail.co.uk

TEA & CHAT

**Friday 27th Oct 3pm-4.30pm
in Ratley Village Hall**

Come and meet up with neighbours and friends for a chat and catch up. Cost £1.00



SUNDAY SCHOOL

is an action-packed time for children, where parents can drop them off at the school, and pick them up later from church.

More information from Liz at lizhostelofson@yahoo.com.



RADWAY'S TEA, CHAT & PLAY

Every Wednesday 3pm-5pm in the Village Hall
All ages are welcome from babies to grandpas!



PINTS OF VIEW

**The White Swan, Kineton
Sunday 22nd Oct at 6pm**

Each month we explore a theme or story from the news.



THE BEREAVEMENT CAFÉ

A weekly drop-in group

Mondays 2:15-3:30pm Scout Hut, Kineton

Grief and loss of any type is painful and isolating. Come and join us in a safe, gentle environment for tea/coffee and a chat.

More info from Dr Helen Gunton at helengunton1@gmail.com

SIMPLY PLAY

**Wednesdays 9.00am-11am
St Peter's Kineton in term time.**

Come and catch up with friends over coffee and cake whilst your toddlers enjoy our new soft play area. More details Liz lizhostelofson@yahoo.com

