



The Edgehill Churches

Parish Link

Loving
God,
Serving
People,
Growing
Community

Be gentle with yourself

May 2026

Last Friday was not my best. I had a list of key things that needed doing - the kind that matter, the kind that require real thought and effort - and somehow, by the end of the day, I had done almost none of them. Instead, I had tidied my study, worked through a long list of emails, dealt with a stream of small admin jobs, and generally found every possible reason not to tackle the things I needed to do. I procrastinated, and was 'busy' but not productive, and by the evening, I felt frustrated and annoyed with myself.

I suspect I'm not alone in this. We all have days like that - days when we meant well, started with good intentions, and still somehow ended up anywhere but where we needed to be. And perhaps the most familiar part of all is what comes next: the inner critic that piles in, 'You should have done better. What's wrong with you? You wasted the whole day.' We can be remarkably unkind to ourselves in those moments — far harsher, if we stop to think about it, than we would ever dream of being to a friend who told us the same story.

Psychologist Kristin Neff identifies three elements of self-compassion: treating ourselves with warmth rather than harsh judgement; recognising that struggling and having off days is part of our common humanity; and seeing our situation clearly, without catastrophising it.

Importantly, she is clear that self-compassion is not about making excuses or lowering the bar. If anything, research suggests that people who are kinder to themselves tend to be more resilient and more motivated, not less. It is self-criticism, not self-compassion, that tends to leave us stuck.

When Jesus quotes the second commandment, 'Love your neighbour as yourself', it's in the context of the first commandment, which is about loving God. This isn't because God needs or demands our love, but because when we orient our hearts that way, we discover that, despite our failings, we are completely loved. And when we know we are loved, it makes loving ourselves (and our neighbours) possible.

Jesus made it clear that God's posture toward us is never that of the inner critic, but always loving and always forgiving.

So how do we move on from one of those days? I find it helps to acknowledge simply and honestly that it didn't go well - without turning it into a verdict on my character. To ask, quietly, whether there's anything I'd do differently. And then to let it go.

That movement of releasing rather than 'holding on' is at the very heart of forgiveness. We understand that we should offer forgiveness to others, but it can be a lot harder to forgive ourselves.

On Saturday morning, as I let go of that frustrating Friday, I sat with these words from Paul's letter to the Colossians:

As God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

And that helped remind me that compassion, kindness and gentleness applied to me as well.

Whatever kind of week you've had, I pray you'll find the grace to be a little gentler with yourself.

Rev Barry Jackson



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MAY SERVICES IN THE EDGEHILL PARISHES

	Kineton	Combroke	Radway	Ratley	Warmington	Shotteswell
3rd	10.00am Simply Celebrate		8.30am Communion	10.30am Communion		8:30am BCP Comm
10th	10.30am Communion	9:00am Communion			10.30am Communion	
17th	10.30am Morning Worship		10.30am Communion	6.30pm Communion		8.30am Communion
24th	10.30am Communion				10.30am Communion	
31st	10.30am Morning Worship					10.30am Communion

MIDWEEK COMMUNION

Every Wednesday 12 noon
at St Peter's Kineton

A said Communion Service. All welcome.



SIMPLY CELEBRATE

Sunday 3rd May
10am St Peter's Kineton



Come for **breakfast** to begin the service. A time with God for everyone. Our young people help lead the service

RADWAY GRANGE OPEN GARDENS

Saturday 6th June, 2-5pm
Proceeds to Radway Church
Roof project

£5 per person in advance,
£7.50 on the day
free entry for under 10 years

Tickets can be pre-purchased from:
www.radwayevents.co.uk
or scan the QR code



Breathing Space

Sunday 3rd May, 4 - 5pm at
St Peter's Kineton

A time of mindful, meditative prayer to help release tensions and find some peace in our busy lives.
4pm for refreshments & 4.30 for the service.



BLOKE'S CURRY NIGHT

Tues 9th Jun 7.00pm.
at **Shukurs**, Kineton

A great night out with men from around the area.



We've agreed a set price menu of £19.95 per head (for a main, rice, and naan). Any drinks will be on top of that.

Use the QR code to reserve a spot, or email revbarryjackson@btinternet.com

Ascension Day Communion

Thursday 14th May at 10.30am
at St Laurence's Church Shotteswell
A special service for Ascension Day



Build imagination with Lego!

Sat 16th May, 1:30pm, Warmington Village Hall
Snacks/drinks available and it's free!

Children must bring an adult

(BUT adults don't need to be accompanied by a child!)
for more details from rev.AlisonAbbott@gmail.com

LADIES CURRY NIGHT

Tuesday 16th Jun 7.00pm

A great night out at **Shukurs**
with ladies from the area;



We've agreed a set price menu of £16.95 per head (for a main, with rice OR naan), and any drinks will be on top of that. Use the QR code to reserve a spot, or email

Sarah.Jackson05@hotmail.co.uk

TEA & CHAT

Friday 29th May 3pm-4.30pm
in Ratley Village Hall

Come and meet up with neighbours and friends for a chat and catch up. Cost £1.00
Everyone welcome. No need to book, just turn up!



PINTS OF VIEW

The White Swan, Kineton
EVERY SUNDAY at 7.30pm

Whatever your **pint of choice**, come & share your **point of view**. Each week we explore a theme or story from the news.



RADWAY'S TEA, CHAT & PLAY

Every Wednesday 3pm -5pm in the Village Hall

All ages are welcome from babies to grandpas!



THE BEREAVEMENT CAFÉ

A weekly drop-in group

Mondays 2.30-3.30pm Scout Hut, Kineton

Come and join us in a safe, gentle environment for tea/coffee and a chat.