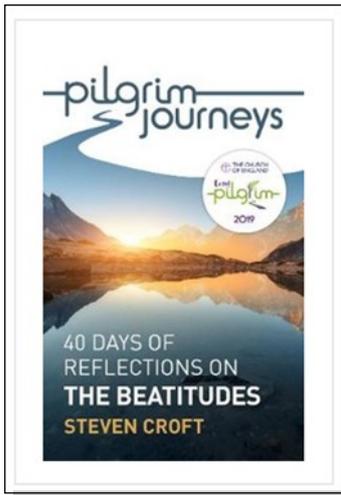




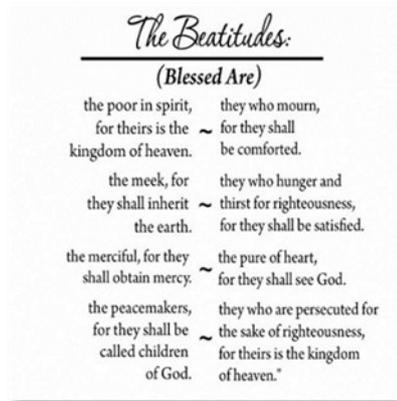
Upside-down Values

Dear Friends,

This Lent at HTC we will be offering everyone in the congregation here the opportunity to journey together through Lent using the Pilgrim Journeys' daily reflection booklet focusing on the beatitudes. The idea is that we use these reflections as part of our personal quiet times as we travel through Lent and then when we get together on Maundy Thursday evening to remember Jesus' last night before the cross, we will share our insights over the Pass-over meal.



We probably all know the Beatitudes from Matthew Chapter 5, the beginning of the Sermon on the Mount, and over the years we have heard many sermons, talks and media productions on these profound and challenging statements of Jesus. They are often referred to as "beautiful attitudes" directing us to live differently to the competitive and often aggressive world around us. I have heard them called an expression of impossible holiness and, along with the rest of the Sermon on the Mount, they paint a picture of just how far we fall short of God's ways, meaning that only by grace, through faith, can we find acceptance with God. I've heard them described as the upside-down values of the Kingdom.



So many ideas!

No doubt we will discover more over the weeks ahead.

For me, the idea that resonates is that they are simple promises of spiritual blessings that we will experience as disciples of Jesus. As the Holy Spirit works His wonders within us, we experience changes to the way we think and feel. We realise

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how much we need God in all our decisions and ways of thinking (poor in spirit) and as we do, we find God meets that need (ours is the Kingdom of Heaven); as we accept how much we need His wisdom and guidance, we find our pride disintegrates a little more (the meek) and somehow this life becomes richer and more joyful (we inherit the earth); we find that forgiving others and wishing even our enemies peace (being merciful) releases us too from anxiety and stress (we obtain mercy). And so, the blessings flow as we allow the Holy Spirit to perform His gentle miracles within us.

My prayer for this Lent, is that we will together find a way of quieting and calming our lives (just a little more) to make space (just a little more) to focus on this wonderful work of the Holy Spirit and so we can receive (just a little more) of the blessings that Jesus promises us.

This is really at the heart of having a special period of time set aside in the year (a Holy Lent). It's not about the dozen or so necessary "life-hacks" we may have picked up over the last few months that will make us fitter, thinner, smarter... but to open ourselves more fully to the transforming work of the Holy Spirit that will deepen our souls. As St. Paul puts it in his second letter to the Corinthians, "And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit."

This is authentic Christian experience and the true business of the church.

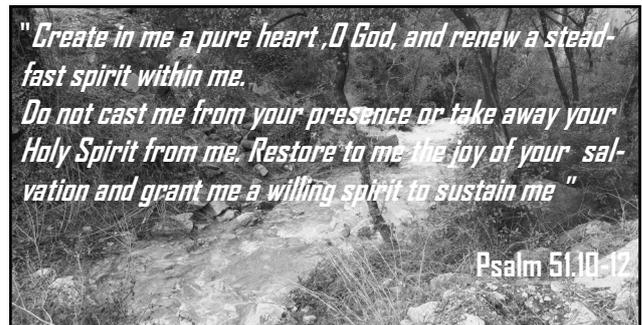
As John Wesley famously phrased it in his hymn Love Divine...

Finish then thy new creation,
Pure and sinless let us be;
Let us see thy great salvation,
Perfectly restored in thee:
Changed from glory into glory,
Till in heav'n we take our place,
Till we cast our crowns before thee,
Lost in wonder, love and praise.

So I hope we enjoy our next steps towards heaven this Lent and I hope we enjoy sharing our insights and inspiration too.

With every blessing,

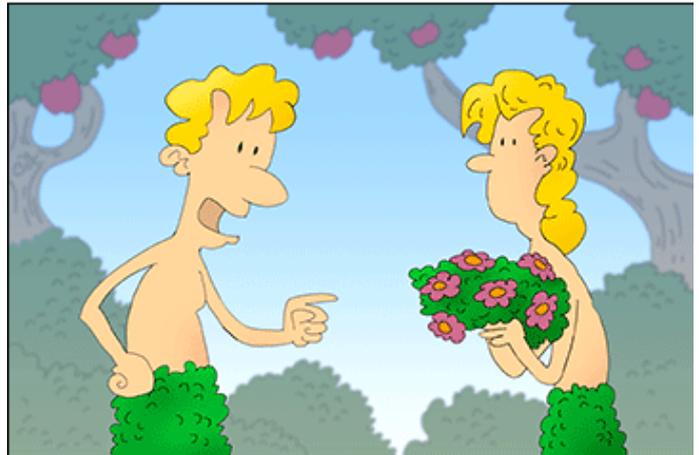
Jules.



Cartoons (with thanks to Reverendfun.com)



Dude, that's **NOT** manna!



New outfit?

LENT & EASTER AT HOLY TRINITY CORFU

Ash Wednesday (6th March)
11:00 Ashing Service

Sunday (31st March)
10:30 Mothering Sunday Service

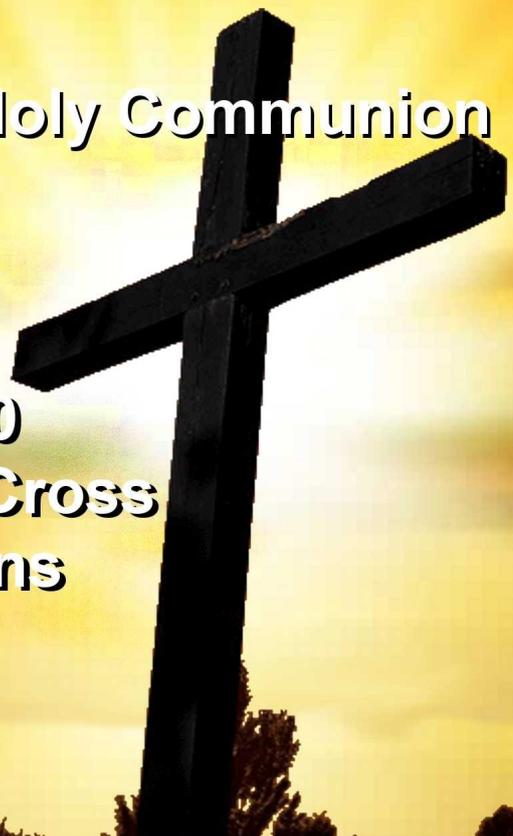
Holy Week 14th - 21st April

Palm Sunday 10:30
The Passion Story with Holy Communion

Maundy Thursday 19:00
A Passover Meal

Good Friday 12:00 - 15:00
Liturgy / Stations of the Cross
The Final Hour Meditations

Easter Day 10:30
Easter Celebration



*Please remember that at Holy Trinity Corfu we follow the Western Church calendar, which this year is **ONE WEEK AHEAD** of the Greek Orthodox Church Easter.*

The Master's Crafters & Water colour Class



This month we had lovely yellow pumpkins to paint, as our still life subject. It's amazing how differently everyone sees the subject

In The Master's Crafters I decorated a wooden picture frame this month with pretty flower cuttings from a thermal plastic sheet. The thermal plastic sheets are already to use so once the designs are cut out, the forms are heated over a tea candle to soften them. Once you have the desired flower shape a glue gun is used to secure each flower onto the photo frame. Easy

If you wish to join us please contact me.
Bye for now Rita.

alamanourita81@gmail.com



SPECIAL NEEDS HIGH SCHOOL AND LYKEIO KORAKIANA

H.T.C helps support this school through donations made from our Christmas Bazaars and Summer Fayres. There are now 47 children; there are 4 years of High School and 4 years of Lykeio. The children who first started when the school opened will be going into the 4th year of Lykeio in September and new children will also be coming. The present building does not have enough classrooms for this and so they are desperately needing new premises with disabled facilities. A central area near town would be best as some of the children are spending 3 hours on the bus to get to Korakiana. There are some possibilities.

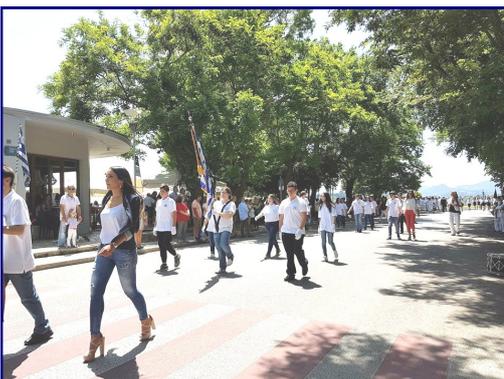
Please pray that legalities will be sorted and a building made ready for the new school year.

The Headmaster Mr. Amiridis, staff and children are very appreciative of our support, and last year for the first time proudly participated in the 21st May parade in town with tee-shirts bought from our donations. There was also repair work done on the flooring, new cutlery purchased and the children taken to a theatre production.

As there are children from needy families, Mr. Almirides cooks for them each day. The food is donated from kind shops and bakeries.

Rhona and I visited in February taking H.T.C's donation. We nearly always lose our way getting to the school, but never mind, there is always a warm welcome awaiting us with much appreciation of H.T.C's concern and help.

Lorraine and Rhona



DIOCESE IN EUROPE

THE CHURCH
OF ENGLAND

The Bishop in Europe:
The Right Reverend Dr. Robert Innes



Dear Brothers and Sisters in Christ,

BISHOP'S LENT APPEAL 2019

Mental Health and Livelihoods Support for the Vulnerable in Greece

I send you this appeal as we begin to prepare our hearts and minds for the beginning of Lent in three weeks' time.

Natural as well as man-made disasters in our world bring hurt and heartbreak to all those affected. They remind us of the fragility of our human existence, wherever we live. Where natural disaster has occurred, there is physical suffering: the tragedy of lives lost, or the pain of families, homes and livelihoods devastated. But the wounds are also psychological. And they frequently do not manifest themselves immediately, but later on. This is especially true for the vulnerable and applies particularly to children.

In July 2018, the resort village of Mati witnessed Greece's worst ever forest fires. The death toll reached 100, over 200 people injured, and over 700 evacuated from their homes. To these numbers, we should add the number suffering from Post-Traumatic Stress Disorder (PTSD) and other psychological after-effects.

An Athens-based organisation called Hestia Hellas is providing a vulnerable community with sustainable tools and a skill set necessary to participate in daily life and thrive in times of difficulties. Greece is facing multiple challenges including an economic crisis, an influx of refugees and migrants and the devastating fires that have deprived many families from housing and jobs. Hestia Hellas is dedicated to offering psycho-social support services, Child Friendly Space, jobs and life skills support, and food distribution to those in need.

In a video, our chaplain in Athens, Fr. Leonard Doolan and Lauraine Velez, Co-Founder and Director of Hestia Hellas speak about the project. This can be viewed at:

<https://www.youtube.com/watch?v=amsICtNva1s&feature=youtu.be>

There will be an Appeal launch on the Diocesan website at <https://europe.anglican.org/bishops-appeals/bishops-appeals>, followed by regular updates on the website, and our social media. Do keep an eye out for these. And please do consider how you can support my appeal. As usual, you can give money to this appeal through your church treasurer, who will forward money to the diocesan office.

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Hestia Hellas express in their own words why this cause is so important and how we can help:

“The Greeks, who were recent refugees themselves, know what it’s like to be forced from their homes. They have a special word in their culture, Filoxenia, which the literal translation means “friend to the foreigner”. Greeks, like the many refugees and migrants we see today need our help to regain parts of themselves that they’ve lost through devastating experiences. With the continued support of the Anglican Church, and their generosity, we can serve the Greek and refugee populations side by side.”

I wish you a holy and spiritually fulfilling Lent.

With every blessing,

+ Robert Gibraltar in Europe

+Robert Gibraltar in Europe

HESTIA HELLAS COMMUNITY APPEAL

Hestia Hellas provides psychosocial support (PSS) and livelihoods training to vulnerable populations in Greece. Sustainability, integration and community building are our core values, therefore when news broke of the devastating forest fires in Mati, we felt very impassioned and ready to do all that we could to offer our support. In the face of such tragedy the nation has once again rallied in a massive show of solidarity. In July 2018, the resort village of Mati witnessed Greece’s worst ever forest fires. The death toll reached 100, over 200 people injured, and over 700 evacuated from their homes. When you take into consideration the many who are suffering from PTSD and other psychological after-effects from the tragedy, this number is significantly higher.



Our psychologists Kate Cooper and Ourania Kirka volunteered their time and skills to create an entire workshop to present to support workers in Mati. They were taught what symptoms the victims may experience; how to identify them; strategies and coping mechanisms they can offer to victims; and ways in which people can rebuild their lives and cope with the after-effects that will undoubtedly stay with them for years to come. We continue to support them with supervision, feedback and any other needs that may arise.

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Hestia's goals have been the same since our inception; to help our beneficiaries prosper and achieve a more dignified life through the critical support and self-sustaining skills we provide. Our holistic approach comprises all of our services from our Child-Friendly Space (CFS) to our food distribution services. On average we serve 300 people per day and a total of 6,000 beneficiaries per month in our 480 square meter community centre located in central Athens.

Mental Health and Livelihoods Support is an ongoing and growing need within the refugee and Greek communities, with a demand higher than the supply. Hestia fills this gap by providing tailored and adaptable services for Children, Adolescents and Adults. Recent developments in Greece show that support for refugees is decreasing and international NGOs are leaving Greece for crises elsewhere. Support for Greeks is also dire with the increasingly strained public sector and high taxes. Within a short timeframe, multiple organizations providing PSS and warm meals have closed due to limited funding. Thus, Hestia Hellas is receiving an increase in referrals and is expecting a larger demand for our services. With natural disasters, like the fires in Mati and the current economic depression, there will always be more areas that we can help both the native Greek populations and those fleeing war and persecution. In addition, we emphasize cooperation with other actors and providing relevant referrals to other NGOs and the Public or Private Sector. We also collaborate internally between PSS, CFS and Livelihoods services to create a holistic support system for our beneficiaries.



Psycho-social support team and roles

The majority of the clients we see are coping with depression, anxiety disorders, PTSD, OCD and Personality Disorders. Cases are evaluated on a case-by-case basis with subsequent referral to external specialists as appropriate. We welcome individuals regardless of their residency status or accommodation arrangements, and welcome both self-referrals and agency referrals. Our core Interpreting staff include Arabic, Farsi, French, Turkish, Urdu, Somali and Sorani. We are always seeking other ways to help, the devastating recent wildfires in Mati is one example. With the help of the Anglican Church, we can continue to provide much-needed, specialized support for survivors of the Mati fires through our workshops, trainings and experienced Greek staff. Our hope is to help them lead normal lives again, while rebuilding their homes.

The Greeks, who were recent refugees themselves, know what it's like to be forced from their homes. They have a special word in their culture, *Filoxenia*, which the literal translation mean "friend to the foreigner". Greeks, like the many refugees and migrants we see today need our help to regain parts of themselves that they've lost through devastating experiences. With the continued support of the Anglican Church, and their generosity, we can serve the Greek and refugee populations side by side.



Community Appeal additional information

Hestia Hellas serves vulnerable Greek and refugee populations in Athens in their path to independence and participation in society. We focus on integration, autonomy, and sustainability by providing psychosocial support, job and life skills, therapeutic interventions for special needs children, and community advocacy.

Hestia Hellas uses an holistic approach in order to support the social and economic integration of vulnerable communities into the Greek society. We are providing a vulnerable community with sustainable tools and a skill set necessary to participate in daily life and thrive in times of difficulties. Greece is facing multiple challenges including an economic crisis, an influx of refugees and migrants and recently devastating fires that have deprived many families from housing and jobs. At Hestia Hellas they have safe access to multiple programs that will help them cope with the situation and strengthen their position in society. Many have experienced traumatic events including abuse, violence and natural disasters which can have long term effects on their mental health and their position in society.



Psychosocial Support (PSS) services

Our 8-person PSS team provides group and 1:1 therapy to children, adolescents and adults. Modalities used among the team include, CBT, Gestalt and Psychodynamic therapies. In addition to therapeutic sessions, our PSS team also holds about 3-8 workshops per month, including places like Mati. We also tailor workshops for other NGOs, beneficiaries, schools and other local stakeholders.

Child-Friendly Space

Our CFS is run by volunteers who have background in psychology, education and mental health. Modalities used are ABA, (Applied Behaviour Analysis), TEACCH model (Treatment and Education of Autistic and Communication related

to handicapped Children), PECS (Picture Exchange Communication System) and MAKATON with a focus in on therapeutic interventions for children with special needs. The CFS is open to all children ages 2-17 years old. Some of our educational activities include an IT program, English, Maths, Science Activities, emotional learning and health and nutrition among others. Our CFS also provides the ideal location to identify children who have been Victims of Torture (VoTs), sexual violence, PTSD and other forms of trauma to be referred internally to our PSS team.



Livelihoods (job and life skills support)

Our Livelihoods program currently offers computer classes such as typing, Word, Excel and PowerPoint. We also have a job wall where we advertise any local openings for which our beneficiaries may qualify. We offer CV preparation, interviewing skills and assistance in applying for universities here in Greece. We will also be expanding our current services to include life skills and focusing more on on-line learning with certificates from American and British universities. In addition, we provide a 12-week Sustainable Entrepreneurship for Empowerment and Development (SEED) Business Course the next of which will start in February. Currently, our livelihoods is solely run by volunteers.

Food Distribution

We offer a warm lunch every weekday, from 12-15:00 hours and serve up to 3,000 persons per month. Our appeal covers the cost of our PSS Coordinator who is a Greek national with over a decade of experience and holds a Masters Degree in Psychology. She



not only supervises the 8-person PSS team, but also create leading workshops for practitioners, beneficiaries, and leads any further support provided to Mati wildfire survivors. Additional funds

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would cover the cost of our Child/Adolescent Psychologist, a Greek national who also holds a Masters Degree in Psychology and has over 4 years of experience working for vulnerable groups. Both paid professionals adhere to the strict codes within their field and will comply with the UK's safeguarding procedures.

Psychologist Supervisor	£2,000 month (actual salary €1,200)	£24,000
Child/Adolescent Psychologist	£1200 (actual salary €900)	£14,400
Total / year:		£38,400

We pray the Bishop's lent appeal will allow us to continue these much-needed services. Any surplus funding will go directly towards the salary of our Child/Adolescent Psychologist as outlined above. Our video lent appeal, found on Hestia Hellas's Youtube [page](#), further outlines the work we do and our valued and esteemed partnership with the Anglican Church. Please feel free to contact me at lauraine@hestiahellas.org for any additional information.

Co-Founder and Director
Hestia Hellas

Focus for Private Prayer Time

- Pray for the uncertainty in the UK over Brexit. Remember the men and women who powerfully influence the life of society, fashion our politics and mould public opinion. May they recognise their responsibility to God and to the nation they serve.
- Pray for the problem of the waste disposal in Corfu. That those who can wield power will do so swiftly and with positive results. That corruption will be rooted out and brought into the light.
- Remember again as we approach Lent that fear of God is the beginning of wisdom. Pray for a renewal of reverence in this secular age and an increase in godliness and fortitude. (Proverbs 9:10)
- God's will for mankind: *Your will be done on earth*. Pray again the Lord's Prayer with a new insight for what the words mean. God's will is justice, peace, health and happiness, life abundant and freedom for all. Nothing could be better for each one of us and for our world than that.
- Pray for the restoration of the world and forgiveness for the destructive patterns that humans have imposed on creation through greed, war and thoughtlessness. Pray for a new sense of awe and wonder for those who have forgotten or have become insensitive to the beauty and sanctity of the Earth.
- Pray for those distanced or cut off from Christian fellowship. That they will feel loved and supported. Pray that they (and we too) remember God's promises to us. God is our refuge and strength...(Psalm 46 1-2)

WHAT'S ON

Fri	1	09:00 Prayer Meeting 10:30 Little Angels Mums & Tots 19:00 World Day of Prayer at Greek Evangelical Church
Sun	3	10:30 Family Communion & Sunday School
Mon	4	17:30 Home Group
Tues	5	10:00 Water Colour Group
	6	11:00 Ash Wednesday Service
Thurs	7	10:30 Bible Study at HTC 17:00 Worship Group
Fri	8	09:00 Prayer Meeting 10:30 Little Angels Mums & Tots 18:00 Communion at Messonghi Chapel
Sun	10	10:30 Family Communion
Mon	14	17:30 Home Group
Tues	12	10:00 Master's Crafters
Wed	13	12:30 Lunch 'n Meet
Thurs	14	10:30 Bible Study at HTC 17:00 Worship Group 18:00 Church Council Meeting
Fri	15	09:00 Prayer Meeting 10:30 Little Angels Mums & Tots
Sun	17	10:30 Family Communion
Mon	18	17:30 Home Group
Thurs	21	09:15 Pastoral Care Group 10:30 Bible Study at HTC 17:00 Worship Group
Fri	22	09:00 Prayer Meeting 10:30 Little Angels Mums & Tots
Sun	24	10:30 Family Communion
Mon	25	17:30 Home Group
Tues	26	10:00 Water Colour Group
Thurs	28	10:30 Bible Study at HTC 17:00 Worship Group
Fri	29	09:00 Prayer Meeting 10:30 Little Angels Mums & Tots
Sun	31	10:30 Family Communion

For Prayer and Thanks

- Please continue to pray for Lester (still having pain following knee surgery) and for Steve (recovering from an eye operation in the UK) and for Jean who is unwell at the moment.
- Give thanks for Mignon's recovery.
- "See He is doing a New Thing". We sense a time of coming change, exciting and a bit scary too.
- Pray for progress, direction and wisdom from the outcome of the presentation on ideas and plans for refurbishment and Logos Café. Thanks for a good sense of togetherness at the meeting and presentation.
- March 1st is the World Day of Prayer hosted by The Greek Evangelical Church. The weekend is actually a triple celebration as it is also The 200 year celebration of the Hellenic Bible Society which started in Corfu and then moved to Athens. 30 women from The Ecumenical Forum of Christian Women from The Balkans and Athens will be here to join in a full programme of talks and concerts at the Lighthouse and Catholic Duomo. Please pray for a joyful time of fellowship together and a strengthening of unity.
- Pray also for a good response to our Lent course which will give each of us the opportunity to join in at home, in church, individually and in groups.

We always welcome contributions to our publications; however, we will not publish any material which infringes copyright. When sending in items for inclusion please state your source and the name of the author.

We are happy to accept prayer requests for inclusion in Pulse or in the morning service. If you are requesting prayer for someone other than yourself please make sure you have their permission to be mentioned publicly.

*Please remember the submission **deadline for PULSE is 25th of each month**. Articles, news, information etc. received after this time may not be included and will be carried over to the next edition if appropriate. Thank you.*

Editorial: htccorfupulse@gmail.com



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