

WE'RE ALL DOING IT

Dear Friends,

Waiting. I'm 10 years old and it is a Thursday afternoon - which means I'm waiting. I'm waiting for a bus that usually takes at least an hour to arrive after I finish school.



The first few minutes are quite fun. School is over. Time to play! The number plate game; guessing the colours. But that doesn't last long and I have to settle into the seemingly endless business of waiting. I remember it becoming almost frustratingly uncomfortable as time seemed to slow down the more I looked at it. But the second that red brick on wheels came into sight... it was all over. It was like the waiting had never even happened. Until the following week...

We've all been doing quite a lot of "waiting" just recently. Waiting to be able to travel to see our loved ones, waiting for the next announcement to see what taste of normality we will be offered, waiting for the vaccine, waiting to see whether the airline is able to honour the ticket it happily just sold you... The list goes on...

But there are many waiting in even more fearful situations. The Yemenis waiting for the war to end, the shooting to stop (see Pavla's update on Sabina this month); there will be those waiting in China to see what the authorities will do to their loved ones who have just been taken away for speaking out? There will be those in Myanmar waiting to see what the army's next move will be.

CONTEXT

Waiting always has a context. In fact, waiting is defined by its context. And how we go about waiting.

Think of Jesus, waiting. In the garden. He doesn't want to wait alone - he asks his closest friends to wait with him... but the evening's wine has lulled them to sleep. So there in the early hours of the morning, in the dark he waits. Alone.

This is a difficult wait. Waiting filled with inner wrestling and fear. He could stop the waiting and just run. He could stop the waiting and raise an army. He could stop the waiting and call on a whole legion of angels... he could... he could... he could simply say no to the Father; because anything looks better than the hours of torture, pain and death which await him.

But instead, he waits. He prays, "Your will be done". The battle for our souls was

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secured in those hours of waiting. The resolve, the conviction, the inner strength all fortified in that time of waiting. So when they come, despite their force and their numbers, he is in control. He knows what he has to do. He will wait as the soldiers abuse and mock; he will wait as the authorities buckle and fold to pass false punishments; he will wait as the crowds he healed and taught of their infinite worth to the Father, those to whom he gave meaning and value, spit on him, turn on him. He will wait as the weight of the sin of the world bears down on his shoulders and he is again tempted, taunted to put an end to the waiting by showing who he really is.

IT IS FINISHED

But instead, he waits. For the end. He waits to be able to say, "it is finished", knowing that he has borne all he could in his own body for those broken, fickle and frightened souls that really don't know what they are doing. It's hard to imagine the relief as the last breath approaches and he is able to commend his spirit to the Father. The waiting is over. It *is finished*.

No looking forward for something now. The crowds think they have got what they wanted. The authorities think they have silenced a political problem. His friends think they've lost the greatest man they ever knew. They're all wrong. In fact, they couldn't be more wrong!

Strangely enough, his disciples weren't really waiting for that amazing first Easter morning when the universe changed. The ladies may have been impatient to attend his sepulchre but no one seemed to be

waiting for what happened next... even though he had told them he would come back, raised to a new life. Imagine how that would have changed that "in-between" time.



That would have been like waiting on Christmas Eve when we were five! Anticipation, excitement, expectation and hope! Instead of the collective, huddled moping and hiding. How we wait and what we wait for makes all difference in the world!

So, back in lockdown, we are all still waiting! But it's worth thinking about how we are waiting for all this to end. Are we killing time, doing whatever equivalent we have of the number plate game, or are we able to find where God is in all of this for us... take the time we have been given. Are we asking just what we will be called to do when we come out of this strange time and how can we prepare for this?

I know we are looking forward to seeing each other, for real, as soon as we can. And until then... we wait!

With every blessing,

Jules.



WORLD DAY OF PRAYER

(A WOMEN LED, GLOBAL, ECUMENICAL MOVEMENT)

& a visit from Catholic Archbishop George.

On the morning of the 5th March we heard that there had been an earthquake off New Zealand and Vanuatu and the surrounding island had been issued with a tsunami warning. We hope and pray the prayers from this service and from the other 120 countries will be a benefit to them.

Apart from the surprise that our technician Peter in Holland was recording the service, we had a further surprise on the night and were delighted that the New Catholic Archbishop George joined us on zoom.

Archbishop George had previously requested a visit to HTC to meet with Jules, this took place after our Ash Wednesday Service.

Archbishop George arrived with his Diocesan Secretary, Spiros Gauci, a dear friend of HTC. The Archbishop commented he was impressed with the World Day of Pray Service and stated that the Anglicans have all the best programmes!

Jules assured Archbishop George during Lent we would be following a Catholic Course called 'Sanctuary' which had been recommended by the Archbishop of Canterbury, Justin Welby. The visit lasted about 45mins and before departing the Archbishop gave us His Blessing.

(Apologies we forgot to take photos)



To view the Zoom
recording of the service



This year for Lent in addition to the daily devotional material supplied by the Church of England the HTC Church Council decided to offer an online “Zoom” course that covers some very challenging and thought provoking issues. To get a feel for The Sanctuary Course here are a few details. Sanctuary Ministries are based in Canada and their mission is to equip the Church to raise awareness, reduce stigma, support mental health and promote mental wellbeing.

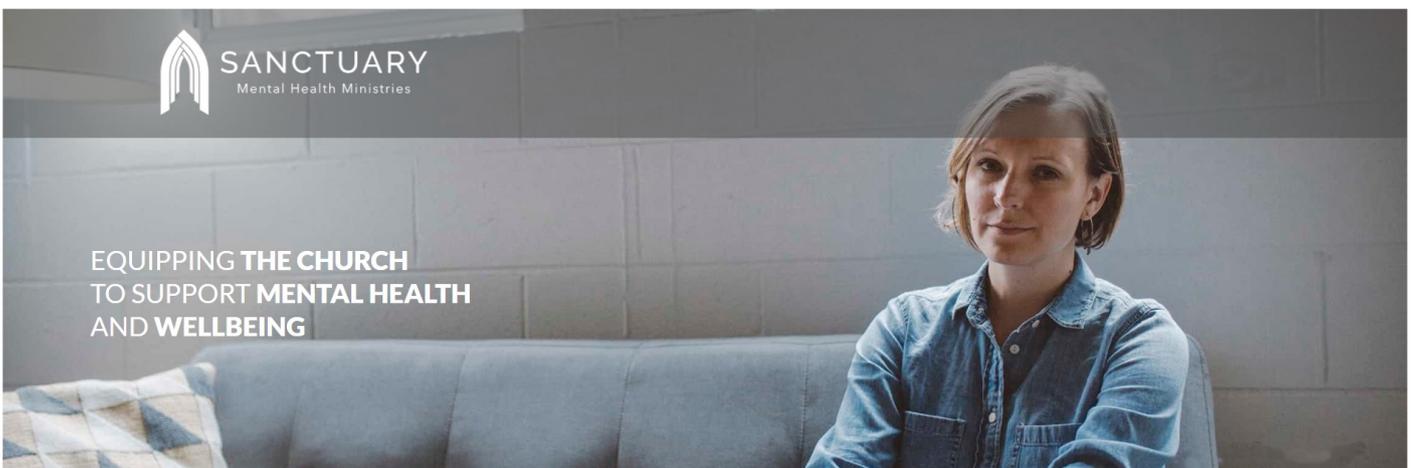
They aim to provide resources that meaningfully engage the topics of faith and mental health. The content of the course was developed in collaboration with theologians, psychologists, and people with lived experience of mental health challenges. Each session is accompanied by a film featuring the story of an individual who has journeyed through mental health challenges as a person of faith.

The Sanctuary Course is suitable for anyone and topics include:

- Understanding mental health and illness
- Challenging stigma
- The recovery journey
- Companionship
- Self-care
- The role of community in mental health recovery

What makes this course relevant is that as we move into our second year of global pandemic it is becoming more apparent that one of the dreadful legacies of this time is the sharp increase in mental health issues that people are experiencing. It is not only the old that are feeling isolated and estranged. Young children are suffering from lack of socialisation and are forgetting how to use cutlery and behave in peer groups. Older children are exhibiting increasing social anxiety and eating disorders and young adults are reporting overwhelming feelings of loss of hope, loneliness and elevated levels of chronic stress. Add to this the problem of those people who already have mental health issues being unable to access their usual self-help meetings and it can be seen that this is an area where the church can make herself ready to provide help and support.

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Covid aside the course is also very pertinent because it provides a combined approach of three disciplines -Theology, Sociology and Psychology. Traditionally when Psychology first asserted itself as a field of study the key players were careful to ensure that the subject was seen as a science. It particularly wanted to move away from anything perceived as religious/spiritual or mystical as these areas were very difficult to collect empirical data on! With the rise of Psychotherapy as a branch of Psychology there was a shift towards different methods of gathering data. However the importance of how one's faith and relationship to God influences their well being continued to be kept at an arm's length. The church's initial reaction to Psychology was equally one of suspicion particularly as Psychology began to produce models of abnormal and normal behaviour. A wealth of information about mental illness started to be documented and classified. What some of the studies were showing was that in many instances depression was going undiagnosed. In many situations those individuals belonging to a religious community were too embarrassed to admit to a mental health problem as it was seen by others as a failure or a weakness of faith and a poor relationship to God.



Times are changing and Psychology has recognised the crucial importance of one's faith and belief in overall well being and Theologians are much more open and interested in what can be learnt from psychological studies. Each one is richer for recognising the contribution of the other.

Sociology sits inoffensively in the middle providing a reminder that society is made up of communities and changes at community level can influence quality of life and lasting change at a very personal level too. For example studies have shown that where public green spaces are cared for, made more beautiful and provide shared exercise equipment (as part of a lifestyle improvement initiative) the occurrence of type 2 diabetes and related mood disorders was reduced. Similarly where local independent shops agreed (as part of the initiative) to promote healthier snacks the same positive outcomes were seen. Humans need help from each other to flourish. In isolation it is hard to implement lasting change.



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Sanctuary Ministries also developed as part of a response to the findings of a number of pieces of research carried out in Canada. These looked in particular at the experience of “church” for those with a mental health issue. What was revealed was that for many people seeking advice to do with mental health their first port of call was always their Pastor or Vicar. In some cases Church leaders and care teams felt ill equipped in this area. Other revelations were that those struggling with mental illness were not being fulfilled by church teaching or worship. So Sanctuary Ministries are trying to support churches in those areas so more people can flourish. At their very best faith communities provide tangible support by equipping individuals with



coping mechanisms rooted in spiritual practice. They provide a real sense of comfort, hope and meaning in the midst of crisis.

HTC will be on the third session of the course today (1st April), If you would like to join then please email Jules for a link.

Trish



[CLICK to visit SANCTUARY Mental Health Ministries Website](#)

PULSE PRAYERS



We give thanks that with you Lord is the fountain of life, that you are the same yesterday today and tomorrow and you are always with us in joy and through dark times.

We give thanks for answered prayers and miracles and healings.

For all the new ways and extended communication through technology

We give thanks that we have grown closer through our online worship and prayer, especially with Jackie and the Lefkada group

That our hope in you is our joy and your love compels us

For your provision, generous hearts and fundraising ideas and workers.

We give thanks for Jules and Trish leading us on the Sanctuary course on mental health and for international participation. We pray that The Holy spirit will minister to us all through this and equip us to minister to others.

We pray for our Easter plans and fellowship together and/or apart.

We pray that the Easter catalogue will reach many

For swift and complete recovery after recent operations.

Your closeness and healing peace and comfort to all those who are sick in body, mind and spirit. Those mourning loved ones, those suffering economically, lonely, anxious and depressed, disappointed, hungry, homeless and refugees, old people, families and children.

Keep safe and give strength and energy to all who are overworked and at risk serving in hospitals and community and churches. We pray for wisdom and timing for governments around the world as we come into the next phase and alleviation of lockdown. Pray for generosity of heart towards developing countries. We ask for more love to share in the world, freedom from debt, the building of a new hopeful future for young people.

We pass through Lent remembering the sufferings of Jesus and so he knows our every human suffering and pain, we head into Easter and pray that remembering our risen Lord and the hope he has given us, we look to new beginnings, new hope and a renewed faith .Help us Lord to see each day as the beginning of the rest of our lives and enjoy our walk with you.

Lord we ask that you guide us in all our gifts given by you, so that we can use these to benefit others in whatever way you choose.

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Equip us Lord to spread your GOOD NEWS, so many people are lost and alone. Let us be lights shining in the dark, even in this time of distancing, let each of us reach out to share your love

“We rejoice in our sufferings because we know that suffering produces perseverance; and perseverance, character; and character hope. And hope does not disappoint us because God has poured out his love into our hearts by The Holy Spirit whom he has given us. “

Romans 5.3-5

Keep us, good Lord, under the shadow of your mercy. Sustain and support the anxious be with those who care for the sick, and lift up all who are brought low: that we may find comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. Please bring an end to this pandemic. Amen



WORST ^{cartoon} JOKE OF THE MONTH AWARD



The award goes to
Jackie Dallos





THE BI-CENTENIAL OF THE GREEK WAR OF INDEPENDENCE. 25TH MARCH

Filiki Eteria or the Society of Friends was a secret organization founded in 1814 in Odessa (Ukraine), whose purpose was to overthrow the rule of the Ottoman Empire on mainland Greece and the Aegean Islands to establish an independent Greek state. Society members were mostly young Greeks, local politicians, military leaders, priests and Orthodox Christians leaders from other nations. The Society initiated the start of the War of Independence in the spring of 1821.

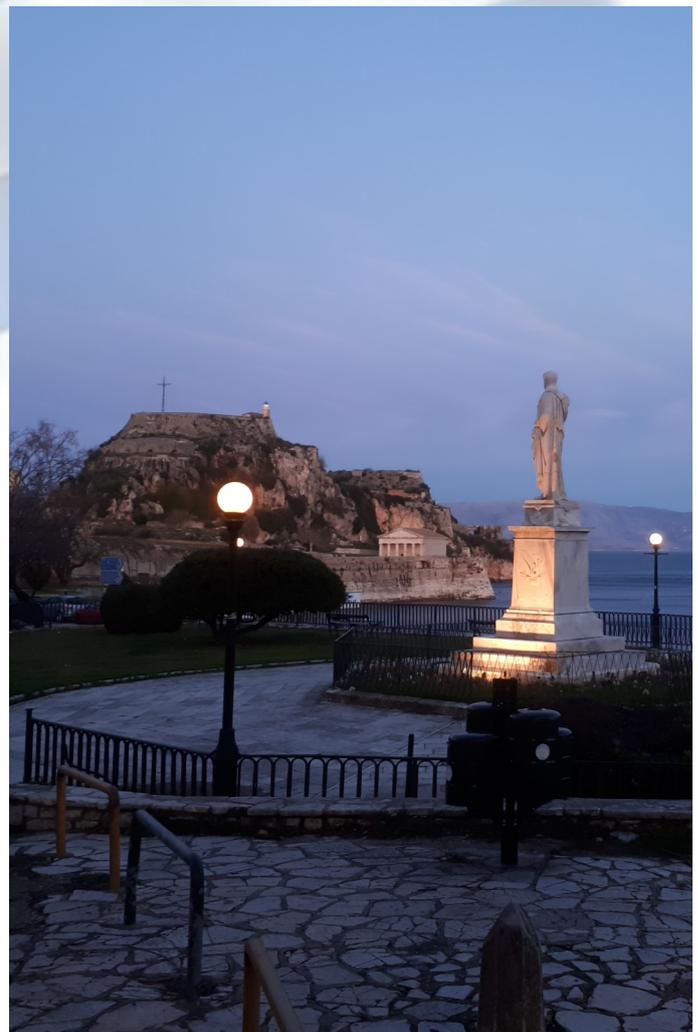
Greek Independence Day, national holiday celebrated annually in Greece, was planned in 1821 to coincide with the Greek Orthodox Church celebration of the Annunciation to the Theotokos, when the Archangel Gabriel appeared to Mary. Greece had been part of the Ottoman Empire since 1453; The Greek revolt was precipitated on 25th March 1821 when Bishop Germanos of Patras raised the flag over the Monastery of Agia Lavra in the Peloponnese. The cry "Freedom or death" became the motto of the revolution. The Greeks experienced early successes on the battlefield, including the capture of Athens in June 1822, but by 1827 Athens and most of the Greek isle was recaptured by the Ottomans. Just as the revolution appeared to be on the verge of

failure, Great Britain, France and Russia intervened. The Greek Struggle had elicited strong sympathy and many intellectuals had prompted the Greek cause, including The English poet Lord Byron. At the naval battle of Navarino, the combined British, French and Russians destroyed the Ottoman-Egyptian fleet. The revolution ended in 1829 when the Treaty of Edirne established an Independent Greek state. The war lasted 8 years, six months and three weeks.

Count Ioannis Kapodistrias was born in Corfu on 11th February 1776. He studied medicine, philosophy and law at the University of Padua. When he was 21 yrs. old he started a medical practice as doctor in his native Corfu.

Kapodistria was appointed chief medical

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director of the military hospital. In 1802 he founded the National Medical Association. He was a minister of the Septinsular Republic of the Ionian Islands ruled by its nobles. He was a Greek statesman who served as the Foreign Minister of the Russian Empire was one of the most distinguished politicians and diplomats. He was elected as the first head of state on independent Greece (1827-1831). He is considered the founder of Modern Greek state



and the architect of Greek Independence. Kapodistria was assassinated in Nafplion on the steps of St. Spiridon Church. He is buried in his native Corfu at the Monastery of Playtera.



Corfu Town Hall illuminated for Independence Day



Dionysios Solomos was born in Zakynthos in 1798 He was the son of Count Nicholas and his maid. He sent his childhood in the island under the supervision of his tutor. After his father's death he was sent to Italy, at the age of 10, to study as was customary for children of noble families in the Ionian Islands. He completed his secondary education and the enrolled in the Law school at the University Pavia graduating in 1817.

Solomos was already influenced by Italian literature, speaking Italian perfectly; he started writing poems in Italian. Returning

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to Zakynthos in 1818, which at that time was well known for its literary culture, the poet, acquainted himself with people interested in literature. Solomos made his first attempt in writing in Greek which was difficult as his education in Greek was minimal he started to learn the dialect of the common people through demotic local songs. Solomos was the first poet to write in demotic Greek. In 1823 he completed a poem inspired by the Greek revolution of 1821 called Hymn to Liberty; the poem was first published in occupied Messolongi and afterward in Paris in 1825 translated into French and later into other languages. After a family dispute Solomos moved to Corfu in 1825 being the perfect place for contemplation and writing poetry. A characteristic of his work is that only one poem was completed and that was the Hymn of Liberty. Nicholas Mantzaros set the poem to music becoming the Greek & Cypriot National Anthem in 1865. Solomos died in Corfu on 9th February 1857. His remains were transferred to Zakynthos in 1865. His tomb is located in the Museum of Dionysios Solomos.



The Greek National Guard after raising the flag on the Acropolis 25th March 2021

[CLICK on the picture to watch a video of the event](#)



Is Jesus alive?

– a reflection for Easter

I suppose all of us have experienced big events in life that we never forget. I think of my first London Marathon in 1993. It was the atmosphere and the cheering crowds that stayed in my memory. But back in 2003 I experienced another expectant atmosphere and cheering crowds at a Greek Easter in Corfu, where I was the Anglican chaplain for six years. Easter in the Orthodox countries outstrips Christmas as the main festival of the year and in Greece, Corfu's Easter was generally recognised as the event par excellence.

On Easter Eve in semi-darkness a crowd of several thousand moves towards the Spianada bandstand in Corfu town sea-front, and wait with unlit candles whilst an almost silent procession of councillors, military, the archbishop and clergy take up their positions around it. At fifteen minutes to midnight a Greek priest begins chanting

the liturgy. With precision timing at 2359 he slowly raises his voice and sings the words: *Christos Anesti ek Nekros* ('Christ is Risen out of death'). At the sound of those words the crowd roars, a canon fires, a firework fiesta starts, the choir bursts into song and thousands of candles are lit. The drama of bursting forth from the tomb is tangible. The atmosphere is charged with a spiritual joy.

For days afterwards people greet each other in the street with *Christos Anesti*. When I went to the post office to buy stamps, my receipt had printed at the bottom *Christos Anesti!*

Well we can't quite match that in Huntingdon, but it's that time of year when the churches of Huntingdon and Godmanchester would normally be making their Good Friday Procession. Along the High Street,

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Picture credit:-
WWW.CORFULAND.GR

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the former Ermine Street, where Roman soldiers once marched north, modern believers witness to the events of Christ's trial, arrest and crucifixion 2000 years ago (and Roman soldiers were there too) For the second time the procession has been cancelled because of COVID19. But whether it's on Zoom or socially distanced and masked services in churches, the witness continues. And on Easter Sunday Christians in Huntingdon and Godmanchester will remember the resurrection of Christ; muted perhaps but authentic. It won't be the splendid religious showbiz style of Corfu, but it will be sincere.

Thinking of Roman soldiers reminded me that it was in the Italian port city of Genova, back in 2016 where I was on locum duty that another Easter memory was chalked up. My wife and I were walking along the coastal footpath (*il passagiata*) east of the city and we met an English woman with a small girl. The woman didn't realise that there was an English speaking church in the city. 'Well my husband is from Pakistan and he has withdrawn our daughter from the Religious instruction lessons in the local school, taken by the Catholic priest.' The little girl looked up at me and asked: Is Jesus alive?'

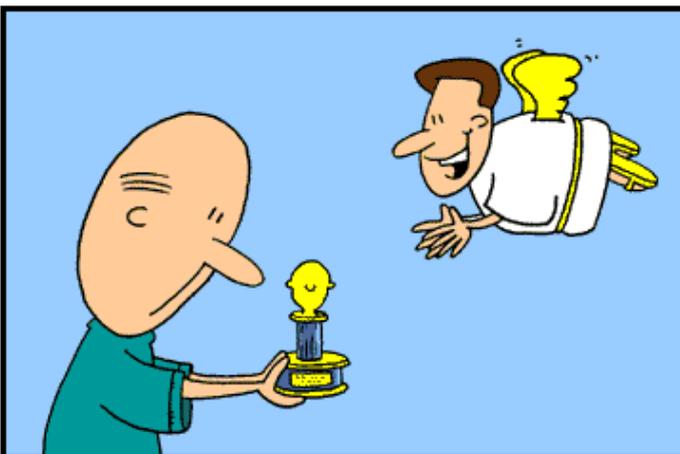
By a knee-jerk reaction I replied: 'well my dear, I wouldn't be doing this job if he isn't'.

Happy Easter!

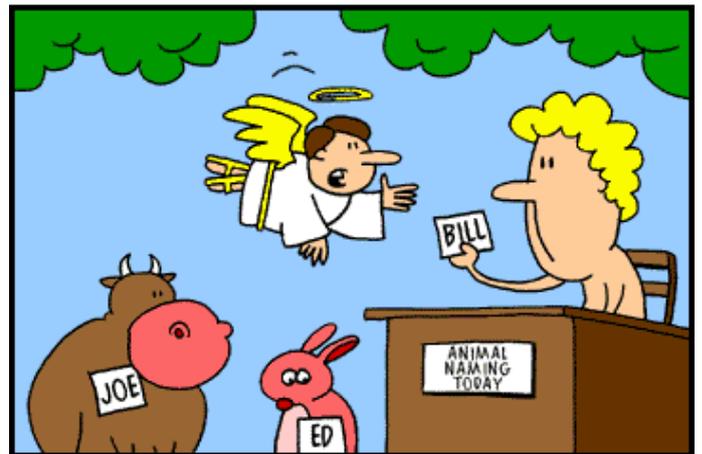
Written by Clifford Owen for his local newspaper 'The Hunts Post'



Cartoons (with thanks to Reverendfun.com)



Thanks to Benoit Paquette 03-25-1999
AS HEAD ANGEL IN CHARGE OF COUNTING THE HAIRS OF HEADS I WOULD LIKE TO PRESENT YOU WITH THIS AWARD FOR MAKING MY JOB SO EASY



Thanks to Dad Hengeveld (See Genesis 2:19) 03-17-1999
WE SORTA HAD SOMETHING DIFFERENT IN MIND

* Steve Lesley & I are up for this award soon. - Ed.

Sabina's Kitchen Update

Dear all, there are [sic] some good news I would like to share with you. First, as you all know, we were looking for new place for our kitchen. I can say now that our patience was rewarded. Because after a very long time, we finally found one. It is a place in a newly built building and it is very near to our house. We did some adjustments like building stand for water tank, smoothing the walls and paintingand more.

So, we are now cooking in our new place finally. The mosque, which we originally thought of moving to, couldn't be used. Second news is that we are still struggling with the registration association POMUZU JAK MUZU here in Yemen. We started almost a year ago, so it's a very long time, but registration in the current situation that Yemen is in, is very difficult. For that reason, we will be very grateful when we reach the end because we are getting truly frustrated. We hope that, in future, we can expand the number of the families and we can provide for them other help. For example, teach our women some skills that can help them to work and provide some financial help for their families. Or provide for our children basic educational lessons if they are not able to go to the school. In the end, I like to inform you that while I am sitting here and writing to you I can hear planes and bombing. Sana'a was hit 18



times a few days ago. But thank [sic] to God, we are still ok and we will continue to serve meals for families in need, despite that we all are horrified.

WHAT'S ON at HTC

Keep up to date with what's on at Holy Trinity Corfu by visiting our website calendar.

<http://holytrinitycorfu.bravesites.com/whats-on>

OR



Links



<https://europe.anglican.org/prayer-diary/prayer-diary>



<https://www.ics-uk.org/Pages/Category/prayer-diary>

The Agiot

<http://www.theagiot.com/>



<https://enimerosi.com/en>



https://www.facebook.com/groups/CorfuForum/?ref=group_header

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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.*

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