Chaplainey Focus MARCH 2021 MARCH 2021 MULTI-FAITH CHAPLAINCY





In praise of shared space

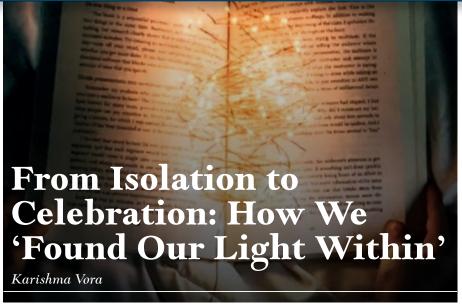
Carl Christopher

Pre-corona, I'd been enjoying going to the chaplaincy for midday prayers ever since I started here, around eight months before the lockdowns. While Witham House can seem a bit out-theway, it does offer a quiet place to make time for God, as well as the chance to meet people from all round the world, from all religious backgrounds. In fact, one of the nicest things is that the prayer space is shared - you might find a Christian, Muslim and Buddhist in the same spot at any one time. After a year when we've been told to keep a literal distance from each other, I'm hoping 2021 will see the return of this very symbolic sharing of space. In prayer we stand before our Lord, and in knowing Him, we know ourselves. I think we're fortunate at Lincoln that these revelations can take place alongside others.

Imagine my surprise then, when a visitor asked me if it was "hard" to pray with people from other faiths. "I've seen you praying when Muslim students are in the room," she said. "Don't you mind?" Well, given that Orthodox Christian prayers are often wordy, better chanted, and that I can't sing in tune, I think she really should have asked if other people mind me! Indeed, sometimes waiting for others to finish is the most loving choice.

But on those days when lunch breaks are tighter, or there's no other option, praying alongside those from other religions always proves to be a blessing. There are the great conversations when brothers and sisters from Muslim backgrounds are curious as to the similarities between our forms of prayer (prostration for example), or the generous invitation to a Hannukkah evening from Jewish students, which my whole family enjoyed and still talk about. So many beautiful chances to learn from each other come from sharing the space!

Accommodating differing practises and habits is not always easy, but it is an opportunity to recognise the image of God in every person. And, after a year where the pandemic has accelerated our tragic modern atomisation, I can't wait to embody our humanity through shared public worship again.





When it comes to celebrating Diwali, it is no foreign concept that the triumph of good over evil is signified. It is an occasion

where disputes are forgotten, and friendships have blossomed. Where we would normally visit houses and temples, we have now created a temple within our homes.

Although Covid had curbed the excitement of the festival, it was not able to curve our spirit, and this theme was seen in our virtual celebration entitled 'Finding your light within'. The evening began with a wonderful talk by Guruji Acharya Bankim Gossai, a renowned speaker from the Maha Lakshmi Vidya Bhavan temple in London. During this discussion, we were able to not only understand the significance of Diwali at a deeper level but were also shown how we could celebrate this festival of light even if we were away from our loved ones. Following this, we had also created a surprise guiz on the talk, a storytelling workshop, and ended the evening with origami divas. So here is our take on a modern twist of Diwali:

- Instead of going to see a firework display, light some sparklers in your garden
- Instead of going to the temple to pray and sing Aartis, hold a zoom call with your relatives and light your divas
- · If you haven't got access to divas,

- make a DIY version following the origami tutorial from our event (see the highlights from our Instagram page @nhsflincoln)
- Instead of getting Indian sweets from the store, try to create some of your own recipes for a homemade version

Speaking about homemade baking, we had also set up our very own bake-off entitled 'Bake your way to the top', a fun initiative to encourage members of all chapters to enhance their culinary skills with a Christmas twist by baking eggless gingerbread cookies, a treat for all to enjoy (the recipe for this can be found on both our Facebook and Instagram pages). It was nice to see the engagement and the cookies can be made at any time so feel free to share any you make throughout the year!

So, what have we planned for the year ahead? Stay tuned to our social media pages to find out more facebook.com/ NHSFLincolnHindu







Message from the Multi-Faith Chaplaincy Co-Ordinator

Subash Chellaiah

Chaplaincy Focus

The submission deadline for the next issue is on Friday 30th July 2021 Email: chaplaincy@lincoln.ac.uk

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2020 has been a year of interconnectedness. As we begin to appreciate the value of life and be more connected with one another, with nature and fellow human beings, let us appreciate each and every one in society as being equally important. As we heard about COVID 19 in early 2020 and its consequences across the country and world, the mortality rate across the world has shocked us all. It is only with the help of each and every one of us in society who have civic awareness that we will be able to control the virus.

Modern science has done wonders as doctors, nurses, health workers, cleaners, teachers and all the front line workers, have continued to serve humanity. We continue to strive for a more united world to tackle this pandemic and rebuild a world that is kind, loving and compassionate.

2020 has seen real changes across the world from the development of a new vaccine for Covid-19 to a new president in the USA and we hope 2021 across the world will bring both political and social change, and that we all work together to strive for an equal, peace and just world.

Multi-Faith Chaplaincy has been offering support throughout the pandemic and our Chaplains have actively offered their help with pastoral support. MFC has also been busy supporting students throughout the pandemic with food parcels and offering encouragement for those students who are isolated and lonely. Thank you to the generous support from the local community and staff who have generously contributed towards the care packages which went a long way to help those in need.

I was personally challenged with children, home schooling and working from home. All of this has taught us a different way of life and learning, and perhaps we need to learn to cope and better prepare for the future that is ahead of us. For those whose family is far away it can be very challenging with closed borders and lack of flights. Looking ahead to the future, for those who are feeling worried and are anxious my advice to you is to be thankful, grateful and be assured that the situation will get better and we will be able to unite with family wherever they

This pandemic has hit everyone as it doesn't favour one particular section of the community and it has affected all but we are all in this together to help tackle this global pandemic.

We need a COVID-free world and we need to be thankful for the vaccinations that are available and hope that everyone in the world has access to a vaccination.

MFC will continue to offer our services to staff and students and offer virtual activities of meditation, craft, and oneto-one pastoral support.

I thank all the Chaplains for their selfless support during this pandemic and continuing to offer their service and being there for students.

Don't wait for a situation to get worse as our team is here to offer you a listening ear and pastoral support. There is also a range of other sessions of Buddhist Meditation, Positive Thinking and Baha'i Meditation for those who are looking out for these sessions. Get in touch.

I am available as usual for a coffee and chat and if you want to learn about the Chaplaincy or for any links and working together stay in touch.

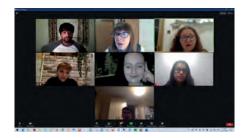
In 2021 we will be focusing on the herb garden to create a reflective, meditative place and also growing different herbs. If you are interested in getting involved please let me know.

I look forward to seeing you either virtually or when lockdown is relaxed physically.

Stay in touch and be safe.

Catholic Chaplaincy, University of Lincoln

Helen Townsend



This year the pandemic has brought so many unexpected changes to our life here at university. I have been impressed by the hard work of the staff and the patience and endurance of the students, many of whom have experienced a first term on campus unlike anything they could ever have imagined. It has caused a lot of stress for them to be cooped up and deprived of social gatherings. I have seen the students' kindness and generosity to each other, and that's heartening. We have tried to alleviate some of that stress by offering our online meetings for social contact and fun and also for prayer time together. I



have appreciated being advised and helped by the students who can use the technology with greater ease.

We have held games and guizzes and met up for weekly worship online, as well as in-person meetings, with a socially-distanced film night, and walks and picnics with numbers and weather permitting. We had an enjoyable biscuit appreciation meeting and we have planned a Christmas meal online together. The advantage of Zoom is of course that students can keep in touch during the holidays and maintain contact with friends around the country and this helps to keep our community together. Students have also been able to attend Mass at St Hugh's church, booking in advance, and this has been a good way to meet new Catholic students.

I have also been pleased to meet new students through the Chaplaincy Food Bank project, taking groceries to students and keeping in touch through their self-isolation period.

Everyone is welcome to join in with our activities! My message to students is that there is plenty of support available, but you do need to ask for it and be prepared to search for the help you need. You don't have to be a religious person to benefit from the social aspects of chaplaincy and you can also receive individual support if you find you are struggling.



The Revd Dr Helen Hooley left the Multi-Faith Chaplaincy on 2nd March 2021 for her sabbatical and will be leaving the county in August. Helen joined the Chaplaincy in June 2016 as the Methodist and Free Church Chaplain and served voluntarily alongside her busy ministry in Lincoln. She was also on the Faith Advisory Committee. MFC sends good wishes for her future ministry and acknowledges all the contributions that she has made through her presence, and her pastoral support to the university community, contributions that have added to the university's One community values. We wish her all the very best for her future ministry and endeavours.



Dipvandana Mehta, Hindu Faith Advisor has now returned from her maternity leave, last year in July she was blessed with a baby boy, Aditya. She is now available to University students and staff offering support.

One Community at Lincoln

Professor Mary Stuart, Vice Chancellor

Universities have historically been perceived as communities of scholars and this is a vital part of enabling the development and promulgation of knowledge which is the core purpose of any University because without a community approach where individuals work and communicate together the advancement of knowledge is not possible.

At Lincoln we have sought to define through a set of principles what we believe to be at the heart of our community of scholars. These values have been developed through the very process described above, in other words by discussing and debating together between our staff and our students over a period of time to reach a conclusion which defines our shared

values. The principles are simple but I think quite powerful. They are: Equity, Understanding, Listening, Kindness and Acceptance.

In any community different perspectives and attitudes will be evident and it is through the diversity of perspectives and experience that we are strong, so for me equity has to be directly connected to listening to and understanding diversity in background, experience and approaches. In any encounter whatever its requirements, kindness and acceptance will enable us to achieve a better outcome for all. So I believe if we can practice these principles we can ensure that our community is strong and effective.

That is not to say that we do not have

to work for this. Achieving a strong cohesive while diverse community is not easy. The situation in wider society influences everyone and we are living in intolerant times where people are not only unkind but dismissive and abusive to people who are different to them. We must stand against this and work hard to try to challenge ourselves and our own values wherever we can. I believe the best way to do this is to work collaboratively together seeking to understand and accept our differences. I will continue to work on these qualities in myself and hope to support these in others. That is a core new year's resolution for me, especially when I look at the world we find ourselves in. I hope I can achieve this. Stay safe and well in these challenging times.

Jewish Society: Hanukkah in Lockdown

Rachel Gee



This festive season was definitely a difficult one. Like many people, members of the Jewish Society were isolated from friends and family over the winter break, which made our Hanukkah Zoom calls all the more special. Over the eight-day celebration, we hosted various activities, from a dreidel themed craft night to a simple catch up where we highlighted our positive moments from a very difficult year. During the last few months we have been aiming to host society Zoom calls once a week, which has been a wonderful experience, and has meant that we have come together as a community more often than ever. We hope to continue this into the new year, with upcoming festivals like Purim and Passover, which will hopefully lift everyone's spirits.



A spirit of eternal optimism

Jasmine Sodhi



2020 has certainly been an unprecedented year. It began much like any other and news of COVID-19 in China seemed isolated and something that was happening 'over there'. Early March seemed to bring our awareness closer to home, as we heard of other countries closing their borders to international flights, a shortage in hand sanitisers and talk of possible school closures. The first national lockdown began to give us an opportunity to reflect that the world is indeed smaller than we might have imagined and that we are not operating in isolation but that our actions impact others and the

At the beginning of March, we began to make plans to celebrate vaisakhi (the birth of the Khalsa Panth) in Lincoln, involving international Sikh students from the University and Balogoklum, an Indian community group. However, our plans were put on hold and we embraced celebrating in a very different way. We discovered that we could utilise technology to stay in touch with family and friends, for collective worship and

to educate ourselves on global and local issues of inequality.

The year has also bought losses for many, of jobs, of the way we spend our leisure time, of losing loved ones. The ways we had created as societies to help each other through the loss of a loved one were no longer available to us and so we had to honour each family's way of saying their goodbyes. If we could no longer sit with someone through their grief, hold space for their pain and suffering how could we offer support? From this, the seed of the Lincolnshire Sikh Society was formed. We currently connect through a WhatsApp group, offering a kind word, images and quotes of inspiration and more recently short kirtan recordings as we remembered the sacrifices of the four sons of the 10th Sikh Guru.

During December we remembered the sacrifices of Guru Tegh Bahadur I, the ninth Sikh guru, and the char sahebzaade the four sons of Guru Gobind Singh Ji the 10th Sikh guru. We remember the challenges they faced, separated from their father, the older two sahebzaade fighting on the battlefield at Chamkaur for freedom of worship against oppression and tyranny. Such young souls, bricked to death by a tyrant ruler, but never losing their resolve, held steadfast to uphold the rights of others in the Hindu faith. As we remember these sacrifices and the sacrifices of others in the Sikh faith, we strive to serve humanity asking nothing in return but to connect with the beloved, the Antar Yami, the knower of all hearts and we look forward to 2021 with the spirit of chardi kala (eternal optimism).

Lincoln Christian Union

What will you be doing a year from now? It is a common question, often a friend or relative will ask you. And if we were asked that a year ago, I wonder if your answer would match the reality.

The thing is we just do not know what is coming in the future, and it can be a daunting thing, yet we can have plans and dreams of where we want to be, so we work towards them. But if you found that this year has been hard and tiring, and it has been different to what we thought it would be, we would agree with you.

This year has been tough and so we

deserve the praise of getting through it and we look forward to the future when we do not have to queue to go into a supermarket or have to sanitise our hands all the time. We look forward to the future even though we do not necessarily know what it has in store for us.

At the Christian Union we want to introduce you to the one person who knows our lives, knows where we have been and knows where we are going. And that is God. God knows us and loves us, He knows our future and as Christians we find this a great reassurance, that we are not alone and that we can trust

that God will be with us through it all. Lockdown has been tough, and we have been challenged in so many ways, and we want to encourage you.

It would be great to chat on the Christian Union's various social media. We would love for you to come along to the events we put on every Tuesday as well, and you can find details of them on our social media also.

So, what will you be doing in a year's time? We can plan and hope for things, but true hope as a Christian is in God who is with us throughout our lives.

Lessons from the Light

Carole Glover

"LESSONS FROM THE LIGHT." was the name of an article i read many years ago, in a magazine called HEART AND SOUL. The article was written by Professor Kenneth Ring, who I have since discovered is one of many authorities on the subject of ' life after life, 'or what is more often referred to as 'near death experiences'.

Today, with the present pandemic, there will be many who have experienced a near death experience. It is evident that our presumption of how and why life ends is creating great sadness in many people today who have found themselves left alone when their partner, friend or close relative has left the body, or we would say, have died.

We have been raised, most of us, to consider this life we are living today, as all there is, and so when a loved one is no longer with us, having left this life, we feel the loss and this loss overshadows our lives, sometimes for the rest of our own existence.

For those who experience that 'death'

and later return to life, are able in many instances to describe their experiences of that period of time in which they were 'dead' in considerable detail. Their experiences continue and are unique for each one as they describe re living their entire lives, At some point, those 'souls' [as I will now refer to them,] are told that it is not yet time for them to leave, and they must return to life... often they do so reluctantly. as they know that pain may await them when they do.

The point and purpose of my raising this subject is because we who are still in this life are led to believe that this is the only life we will ever lead, and so to leave it must be and end.

Life is a journey that we all travel along for as long and as far as is our journey. When that journey comes to a close, for whatever reason, we will leave it, and as we can see, a new one will begin.

We cannot travel the same path as each other ever forever. Each of us experiences our lives alone, regardless of who's company we may keep.



We should reflect and celebrate the release of our companions from this life and not feel overwhelmed by sadness but see their moving on. We enable ourselves to continue to celebrate that relationship as a memory to be treasured and not spoiled by the flood of sorrow and sadness. They have not gone, but just moved on.

HWLincs proud to deliver the Healthwatch Lincolnshire contract

HWLincs, previously known as Healthwatch Lincolnshire LIMITED, has been a Lincolnshire based charity since 2013, supporting people and communities across our county. HWLincs has successfully delivered the Lincolnshire Healthwatch Contract since that time, as well as many other health, care and wellbeing contracts enabling us to build up a bank of expertise, skills, and portfolio of work.

Who we are and what we do: We are the independent champion for people who use health and social care services. We're here to make sure that those running services, put people at the heart of care. Our sole purpose is to understand the needs, experiences and concerns of people who use health and social care services and to speak out on



their behalf. We focus on ensuring that people's worries and concerns about current services are addressed. We work to get services right for the future.

We hold a number of public events throughout the year. YourVoice@ healthwatch Event is held January, April, July and October each year with a Panel and Q+A session and "a cuppa with..." an informal monthly chat about all things health and care related. Get in touch with Oonagh Quinn Engagement Officer Oonagh@hwlincs.co.uk mobile: 07346 581 997 to find out more.

www.healthwatchlincolnshire.co.uk info@healthwatchlincolnshire.co.uk 01205 820 892

Tuesday Meditation

Meditation every Tuesday lunchtime on Zoom. The InterFaith Meditation Mindfulness is at noon on Tuesdays and lasts 35 – 40 minutes with two tenminute guided meditation sessions. The meditations are suitable for everyone and you don't have to be religious to benefit.

All welcome and no experience necessary.

Join Zoom Meeting Meeting ID: 875 2709 8969 Passcode: TuesMed12

For further information contact

Helen Townsend **htownsend@lincoln.ac.uk**

David Greenop

DGreenop@lincoln.ac.uk

Sharing the hard times

Clive Tully

What times we are living through!

My mum was pregnant with me at the end of WW2 and I remember finding pieces of shrapnel in the fields on the way to school and swapping the best bits with friends. Shrapnel are the metallic jagged pieces of bombs and were everywhere in my village in Kent where I grew up.

We will all remember these days of Covid and you will all have such stories to tell.

I feel it is important to share during these hard times and to listen and acknowledge each other's unique journeys and concerns about the hard bits of life.

The Baha'i community of Lincolnshire has joined in the Zoom world not only with each other but across the planet and have reached out to their friends and neighbours and family.

Recently, as well as Devotional Meditations on some mornings and evenings my wife Jill and I have been having Baha'i Study Circles on Zoom called 'Reflections on the Life of the Spirit 'with a Spanish lady and her teenage offspring along with two other young people, and another Circle which includes a Sikh lady and a Buddhist man.

We begin each Circle with chat about highlights and lowlights of our days and always have a creative element. We have become close and now feel very supported by each other and love the deep conversations that take place. If you wish to either to sample being part of a 'Reflections on the Life of the Spirit 'Study Circle or a Devotional/Meditation or a Fireside which is an informal chance to chat about the elements of 2021 life with an aim to discuss and understand them on a deeper level just email me or my wife Jill on cliveatully@hotmail. co.uk or jilltully@hotmail.co.uk or 07932 259825 or 01522 522748.

Take care everyone. We miss you all the familiar visits into Uni for chats and food and sharing those spaces that we all know so well

Stay safe. Both you and your loved ones.

Islamic principles of Social Care

Iggy Patel

As a young Muslim I was always surrounded with religious stories in Islam based on kindness, compassion, and care. One such story on behaviour had a profound effect on me and still acts almost as a guide to my life.

The story is of a religious woman who was cruel to a cat and may be viewed as pious woman, and another, impious, woman who had an occupation as lady of the night, who saw a thirsty dog by a well. (certain parts of dogs are considered unclean in Islam). The impious woman seeing the dog and noticing the well had no bucket to draw water, took off her sock dipped it in water and squeezed it to give the dog a drink. It is said that God considered the impious woman better than the pious woman for her treatment and rewarded her for it.

If this is what I was taught about behaviour to animals, you can see how much importance Islam would pay towards showing care for mankind.

There are many quotes in the Koran (holy book) about respecting and showing care of the elderly, children and the sick.

Surah (chapter) 17 ayah (line) 70. By no means then can we diminish mankind mentally, emotionally, physically, or in any other way like race, gender, colour. Man should always wish for others what he wishes for himself. There should be no place for selfishness or egoism.

The Koran is often supplemented by further teachings or saying of the prophet peace be upon him (PBUH are words that a Muslim must say after mentioning the prophet). These are known as Hadith and always show the name of person who heard it with the saying. Thus Abdullah ibn Amr reported: The Messenger of Allah, peace and blessings be upon him, said, "Whoever does not show mercy to our young ones, or acknowledge the rights of our elders, is not one of us." Source: Musnad Ahmad 7033.

With regard to specific examples of actual Social Care systems, I have learnt that in prophetic tradition Umar ibn'Abdul-'Aziz (r), as an Islamic Ruler, asked local rulers of the provinces to send him the names of all those who are blind, crippled, or with a chronic illness that prevented them from establishing salaah (prayer). So, they sent him their names. He, in turn, ordered that every blind man should have an employee to guide and look after him, and that every two chronically ill persons — those with special needs — be attended by a servant to serve and care for them (Ibn Al-Jawzi).

Islam has a strong rich history and background in care, which I hope will encourage more Muslims to come forward and see the work as an important religious duty as well as good career move.

Orthodox Christmas

Carl Christopher

For some outside the Church, "Orthodox Christmas" is as surrounded in mystique as our Easter. Do we celebrate on the same date as everyone else? In the same way? Do we have the same traditions? Cultural variations aside, perhaps the main difference is in the preparation. We fast from animal products for six weeks in the run-up to an extended season of celebration that begins on Christmas Eve, and this year that has been especially challenging. It is always a bit tough when everyone else is eating chocolate and other goodies, but this time, with people rightly keen to dispel pandemic blues, it seemed festivities began even earlier! Quite understandably, trees, tinsel and feasting started in November for some of us. But

the season finally shifted from fasting to feasting, which we kicked-off with evening prayers at All Saints of Lincolnshire. One of my favourite parts is hearing the seasonal songs chanted in the various languages



of our multi-ethnic congregation. Then it was home for a party which undoubtedly included far too much sugar for our excited children! We headed to church again on Christmas Day to discover that it was as packed as humanly possible with social distancing regulations! It



Community safety is about helping communities to be and feel safe whether at home, at work or during leisure time. To achieve that Community Safety Partnerships have a significant role to play.

Initially formed in response to the Crime and Disorder Act 1998, Community Partnerships consist of five 'responsible authorities' - police, local authorities, the fire and rescue authority, the probation service and Clinical Commissioning Groups and are under a duty to assess local community safety issues and draw up a partnership plan setting out their priorities.

Within Lincolnshire, that role is fulfilled by the 'Safer Lincolnshire Partnership', who have currently identified four areas as a priority for partnership activity; domestic abuse, anti-social behaviour, reducing offending and serious and organised crime (within which are two separate strands – modern slavery and fraud).

The work of the Safer Lincolnshire Partnership is set and overseen by senior leaders within the responsible authorities with each identified priority having a sub group that meets quarterly to try and address the challenges that have been identified. Representation on each sub group includes not only those from the responsible authorities but topic experts from the wider Lincolnshire community (and sometimes beyond!) including those who operate within the voluntary and faith sectors.

A good example of what has been achieved by the partnership to date is the work in relation to raising awareness of Modern Slavery. In the lead up to Anti-Slavery Day in October 2020 the Safer Lincolnshire Partnership worked alongside The Clewer Initiative and Lincoln Cathedral to bring the striking 'Invisible People' exhibition to Lincoln. Alongside the exhibition a social media campaign was launched - with the support of all partners - which culminated with Lincoln Cathedral being illuminated yellow on the evening of Anti-Slavery day itself. The Clewer Initiative has also supported the partnership in the development of Lincolnshire specific resources to raise awareness of the issue.

To keep up to date with the work of the Safer Lincolnshire Partnership you can follow us on Twitter (@SaferLincs) or visit our webpage. Alternatively you can email Claire Seabourne claire.seabourne@lincolnshire.gov.uk

really was joyous to celebrate with everyone, and with such perfect weather too. The wintry mix of vivid blue skies with pale sun and a chill in the air was, to my mind, as apt as any white christmas could be. The bittersweet weather seemed to match the icon of this feast (search for Icon of the Nativity to see what I mean). In the top part, heaven rejoices as angels worship the newborn King, while at the very bottom, the stepfather Joseph is already being challenged by doubts, fears and accusations. On the same level, the king whose birthplace is illumined by a bright star is being vigorously scrubbed by midwives, emphasising his true humanity. The middle tier of the icon represents the Church, here

a meeting place for heaven and earth, and accordingly showing both joy and sorrow. While both learned magi and rustic shepherds rush to worship Christ, his swaddling clothes look more like a shroud, and the manger is undeniably coffin-esque. Already, we are reminded, this Child's death is somehow bigger than his birth. Finally, we note that animals which do not normally graze or shelter together are present, hinting at the unity of all peoples promised in this birth. Orthodox Christmas continues for several days, with feasting, almsgiving and prayer an important part of the celebrations right up until the next calendar event, which is the feast of the Theophany. But that of course is another story.

Support from a Local Community

Jasmine Sodhi



When Subash asked if the volunteer chaplains and faith advisers could help with donations of food parcels for international students self-isolating, I immediately thought of sharing this need with the Indian community in Lincoln and asking for their support. The response was amazing and I had lots of people contact me straight away wanting to know how they could help. I was keen that the students have culturally appropriate food parcels and discussed this with Subash. Pretty soon I had a living room full of food parcels from around 25 families in the Indian community. The community was extremely generous and as many have experienced arriving in a new country and the challenges that brings they had a real empathy for the situation international students may face. I was overwhelmed by their response, especially as they all lead such busy lives with their work and children yet took the time to not only shop for food but to arrange getting the food parcels to my home all within a week of me putting out the request. I had to message Subash to come and collect the food parcels with an empty car as everyone was so generous. It really did warm my heart.







Incredible Edible in Lincolnshire



Incredible Edible is about sharing the journey towards a sustainable food system, believing in the power of small actions.

Recognising the fragility of our food system, the health and therapeutic benefits of growing food, and the social benefits of transforming unloved spaces into beautiful, edible, community spaces - people across Lincolnshire are connecting with each other through Incredible Edible.

Practical actions will look different in different places - from highly productive community gardens in South Ormsby, to kitchen gardens at uni, to propaganda gardening in public urban spaces, to neighbours swapping seedlings to start tiny windowsill herb gardens.

Seizing the winter lockdown as an opportunity to take stock, imagine a different future and make some plans, we are meeting via online events, to learn about community growing projects and inspire people to start growing food in their own locality.

Online talks have included inspiration from Incredible Edible Wakefield - which has been growing for over a decade, and Incredible Edible Beeston which started less than a year ago by environment activists who met each other through XR.

Coming up in 2021, we'll be hearing from a variety of growing projects in Lincolnshire, getting advice on increasing biodiversity in our gardens, and how to work positively with the council to develop growing projects, and more.

If you'd like to get involved, or find out more:

Online: https://lincolnfoodpartnership. org/incredible-edible-in-lincolnshire/ You might also like to check out incredibleedible.org.uk/, and Pam Warhurst's TED talk is well worth a watch.

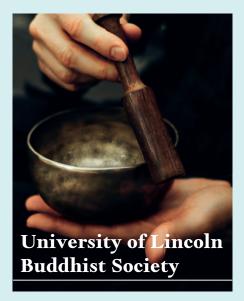
On social media: twitter.com/food_lincoln

facebook.com/ LincolnshireFoodPartnership/

instagram.com/ lincolnshirefoodpartnership/

On your windowsill: Sow some seeds, share them with some people you know, start something now. Use #IncredibleEdibleinLincolnshire to share pics

Email: If you want to ask questions, discuss your ideas or find out more: lincolnfoodpartnership@gmail.com



Are you a practicing Buddhist or have an interest in Buddhism? Would you be interested in helping us establish a University of Lincoln Buddhist Society?

We envisage the society would provide students and staff with an opportunity to explore and share Buddhist thought, philosophy, and meditation practice at regular meetings. It could also provide an opportunity for inviting speakers from representatives of the wider and diverse Buddhist community, including scholars, meditation teachers, writers, and Buddhist monks and nuns.

If you are interested and would like to explore further, please contact David Greenop University Buddhist Faith Advisor dgreenop@lincoln.ac.uk

Ecumenical Communion Services



Ecumenical Communion Services on campus for Christians are on hold. Local churches are doing their regular services online and if you want to find out more about Sunday and other services that you want to attend the virtual service. Stay in touch with the Chaplaincy or appropriate Chaplain as they will help you. The information about the local places of worship is available on the Chaplaincy website and it is a free downloadable. The communion service will resume back when lock down is relaxed and safe to do so but please wait for further notice.



Herb Garden



Chaplaincy has taken responsibility of creating and maintaining the herb garden located in the student village. In 2019 we have done several activities in collaboration with the E.C.O society and the society helped levelling the ground, weeding, planting and replanting the herbs. All the activities that were planned for 2020 were cancelled due to COVID 19. We will resume back once the lockdown is relaxed and safe to do outdoor activities so if you are interested in volunteering for this project please email us at chaplaincy@lincoln.ac.uk



Sacred Space

Anyone who walks through the doors of Lincoln Cathedral can't help but feel the uplifting and inspirational atmosphere created by this awe-inspiring building; this Sacred Space.

In our increasingly hectic lives, having the time and space to pause, reflect and pray can be difficult, but when we do, it can have an even bigger impact on our lives. In addition to the

regular daily cycle of worship offered by the Cathedral, once a month on a Sunday evening, we host Sacred Space.

This popular service is gentle and reflective with time to wonder and explore, encouraging everyone to use all their senses to explore their faith. Whether you are looking for somewhere to think about the big questions that life throws up, or just want an opportunity for gentle reflection, Sacred Space offers a

different way to experience worship at Lincoln Cathedral.

You can expect a short, led service, followed by the opportunity to explore a number of different prayer stations at your own pace and in your own way. Each service will take a different tone and explore new ways to experience faith through music, art and silence. Previous themes have included 'Freedom', 'Dancing Together' and

'What a wonderful World'.

Sacred Space takes place on the third Sunday of the month at 7.00pm at Lincoln Cathedral and, as with all our services, all are welcome. Doors open at 6.45pm, please enter through the main entrance on the West Front.

For more information, please get in touch with us on sacredspace@ lincolncathedral.com or take a look at www.lincolncathedral.com/sacredspace

Support network for Sikh Students

Sat Siri Akal

My name is Jasmine Sodhi and I took on the role of Sikh faith Advisor at the beginning of March. Before the first national lockdown I was able to meet a couple of Sikh international students and we were planning Vaisakhi celebrations with the Indian community. However it was not possible for the event to go ahead due to COVID-19 restrictions.



I am really keen to find out from students and staff what support they would find helpful. It could be anything from:-

- help to setting up a Sikh society,
- · mentioning,
- connecting with the wider Sikh community in Lincolnshire,
- an opportunity to have someone to talk to about living in Lincoln, faith or experiences at university,
- shared morning or evening prayers and Naam Simaran (virtual during COVID -19 restrictions); or
- the opportunity to have a home cooked meal.
- During September with the generous support from the Indian community in Lincoln we were able to support international students with numerous food parcels which hopefully helped during challenging times.

Recently a number of us have started to come together virtually as a Sikh community and have formed the Lincolnshire Sikh Society creating a forum for anyone interested in Sikhi or of the Sikh faith to connect by simply wishing each other well, offering each other support especially during these times and finding ways to do Sewa (Selfless service). We hope that together we can help each other stay connected and supported.

Sat Nam

If you are interested and would like to explore further, please contact Jasmine Sodhi, University Sikh Advisor chaplaincy@lincoln.ac.uk

11

Junior Youth Spiritual Empowerment Programme

Opportunity for volunteer service and to make a contribution to the material and spiritual progress of your local community and Lincoln.

There is now a Junior Youth Spiritual Empowerment Programme established in Lincoln and these junior youth are taking their first steps in this exciting endeavour.

The Junior Youth Spiritual Empowerment Programme (JYSEP) typically engages older youth (16-30) as mentors or Animators of their younger peers (aged 11-15) to help them develop their powers of expression, capacity for moral reasoning and a moral framework to enhance their ethic of service. It will give them 'tools needed to combat the forces that would rob them of their true identity as noble beings and to work for the common good'

JYSEP gathers groups of junior youth in their neighbourhoods and communities (sometimes schools) engaging them in a wide range of activities that include study, arts, healthy recreation and community service. Group discussions are enhanced by a sequence of books designed to develop language skills and to enhance their powers of expression.

Selfless acts of service to the community play a special role in helping junior youth apply what they learn into meaningful action to positively impact the lives of others. Groups analyse the needs in their communities, and together they design, carry out and evaluate service projects that promote their community's wellbeing'

The JYSEP uses a number of educational materials developed by a global network of Baha'i inspired organizations concerned with developing language skills and the power of expression. These texts form the basis for consultations that inspire meaningful social action carried out by the groups.

The moral concepts in the materials, drawn from Baha'i teachings, are presented in a manner that touches on universal themes –enriching to junior youth from all cultural and religious backgrounds.

Many social welfare programmes and academic institutions, therefore, find them useful in their educational programmes for junior youth

If you wish to find out more about this programme in Lincoln and are thinking of taking part in it as a trainee Animator please get in touch with Clive Tully cliveatully@hotmail.co.uk Tel 07932 259825 or Jill Tully jilltully@hotmail.co.uk

Kindertransport

Robin Young

My father was a Survivor of the Shoah, the only survivor in his family. He grew up in the lovely spa town of Teplitz Schonau in Northern Bohemia in a time of great political turbulence, between the Russian and German Revolutions and the brutal economic shocks of the depression.

Life in 1926 was still good – the photograph shows here a family gathering with my grandmother and grandfather on the right and my father in the centre foreground.

All of them – with the exception of my father – perished in the Holocaust.

Without giving a history lesson, Czechoslavakia was taken by Hitler in the dying gasp of the Munich agreement of appeasement promising "Peace in our Time". So Teplitz was occupied and my father was among those who fled to Prague just before the Nazi pogrom of Kristallnacht in November 38, in which the synagogue was burned down and Jewish property looted. The nightmare deepened when Hitler occupied the rest of Bohemia and took Prague in the spring of 1939 without a single shot having been fired.

By that time the Jews remaining were trapped in the Czech lands with no escape route left open. My father had been expecting to emigrate to safety in Palestine but the route through Italy was closed. Most other countries also put up the barricades. The noose tightened as they were increasingly dispossessed and exposed to progressive abuse.

My great Uncle Bruno, a lawyer and poet was already an old man, when he was interned in a concentration camp and beaten. He subsequently became ill with TB and was euthanized by injection on 29 December 41, but was spared the subsequent horrors.

Dad was one of the 669 children who was rescued from near certain death in Central Europe by Sir Nicholas Winton in the extraordinary Kindertransport operation which organized trains to bring children to safety in England. His achievement is celebrated in sculpture at Liverpool Street Station. I was deeply privileged to meet him towards the end of his life; he would always dismiss his heroism with the words that it was "the decent thing to do". So dad, at age 14, left Prague on one of the last trains out

before the outbreak of war. I don't know how his name came to be on the list. The next train with 220 children was ready to leave when war broke out; the train was stopped and nearly all of those children were murdered.

The skeleton of historical fact is covered with bits of evidence. His packing list – so many shirts, socks and so on. My grandmother taking tranquillizers at the station, knowing that she was not likely to see her only child ever again. The guards on the trains looting the treasures carried by the children. The relief of crossing the border into Holland, and the kindness of the Dutch women who organised packages of food and even hot chocolate for the children when the train stopped at the station.

Those left behind knew what was coming but maintained a fiction of "all's well" in the torrent of letters sent to the young English milord who carried their hopes.

But the dwinding of the letters and the progressive deterioration of the paper itself and the writing tells its own story. My grandmother, looking after Jewish orphans, speaks of the progressive



decline in the number of students. Only 8 pupils left, then only four. The last communications were Red Cross messages: "No news of our relatives. My thoughts are always with you". She was transported to Terezin camp in later 1943 and then onto Auschwitz Birkenau where she died of Typhus towards the end of 1944.

When old enough, dad joined a Czech tank brigade which went out to France just after the Canadian shock troops made their landings and was lucky to survive a bullet in his chest after clearing out a German bunker. Here is the medal citation. He returned to help with the rescue of concentration camp survivors and did what he could to reunite broken families. In the end, the destruction of his family and circle was so complete that there was nothing left for him and he rebuilt his life in England, materially modestly successful but prone to the most appalling depression. The effects cascade down through the generations.

We speak of "Never Again" but this is already an often-broken promise. Does anyone really understand what happened? There is nothing unique

about the European Holocaust apart from its scale but lesser genocides continue relentlessly. In the main, the Jews were progressive and fought for liberty and social justice - they were after all the pioneers of socialism and through the lens of my family's history, it seems to me that the oppressive regimes in Europe targetted the Jews and other minorities for this reason, conflating with conspiracy theory in for example "The Protocols of the Elders of Zion" and the deeper historical vitriol unleashed by Martin Luther. Hatred of this sort is not a normal human condition but it can be inflamed and used for political purposes.

I grew up thinking that these things were all safely buried in the past but you can't avoid looking at the parallels with what has been happening in the US and in Germany today. These questions are still with us.

We close with the image of the Statue of Sir Nicholas Winton on the platform of Maidenhead Railway Station, surrounded by 669 candles. He was one of the righteous who indeed did light up the darkness.



Transgender Day of Remembrance

Mark Lilley

The TDoR is an annual commemoration of the murder of transgender people because of transphobia. I have contributed to the annual events held in the university on behalf of the Multifaith Chaplaincy for the past two years and offer here some reflections.

We must always test ourselves and the world we live in. I pose this question to myself from a Quaker text:

Are you alert to practices here and throughout the world which discriminate against people on the basis of who or what they are or because of their beliefs?

I then reflect on this advice:

Bear witness to the humanity of all people, including those who break society's conventions or its laws. Seek to understand the causes of injustice, social unrest and fear.

In remembering lives destroyed by bigotry, we honour them, giving back names and dignity, telling life stories. In honouring the lives of transgender victims, we are inspired. Their deaths speak to us of tragedy and pain, while their lives inspire us to work for justice and a world that respects the vulnerable, the weak and those who are different to us.

In the silent reflections held during TDoR we are not mute, or passive, but we can be changed and emboldened. In silence we give ourselves space to remember, to mourn, to celebrate, knowing that we cannot always put into words what we think and feel. In silence we join with others in a deep expression of our love, our joy, our fears, and our hopes.

We give thanks for the lives of all the trans people who have been killed because of their identity and expression; we carry their lives, dreams, and hopes with us now as a gift to the future, working for a world in which there is justice and dignity for all.

UoL Jewish Society



We wanted to create a community on campus that provided a safe space for Jewish students to come together regardless of religious belief or faith. With the support of Lincoln's Jewish communities and the University Chaplaincy, our aim is to form a society that will bring together students, so we are able to celebrate our Judaism.

About Catholic Society

The Lincoln CathSoc aims to provide a place where Catholic members of the University can meet for worship, including the celebration of Mass on Campus; to develop their faith; to enjoy regular social time together; to engage in charitable work and to explore issues relevant to their faith; to welcome others who are interested to discover more about the Catholic faith; to encourage openness and dialogue between Catholics, other Christians and those of other faiths or none. Ordinary membership is open to any member of the University Students' Union.

https://lincolnsu.com/activities/view/ Catholicsociety

catholic@lincolnsu.com

https://www.facebook.com/ LincolnCatholicStudents

Lincoln Chinese Christian Fellowship

The LCCF was established by the Chinese Christian Society to help Cantonese and Mandarin speaking students from Hong Kong, China, Malaysia and Singapore. They are supported by a Baptist Church in Lincoln, supervised by Nancy Ng. The weekly Bible studies and fellowships are conducted in Mandarin, Cantonese and English.

The LCCF is also able to provide language support to students to help them adjust to a new environment and culture

https://www.facebook.com/groups/380907165282769/

Christian Union

The aim of the Christian Union is to unite Christian students regardless of denomination or church affiliation in their common profession of faith as well as giving every student on campus the opportunity to hear and respond to the gospel through mission, witnessing and living a loving life.

Zoom Craft, Chat and Chill

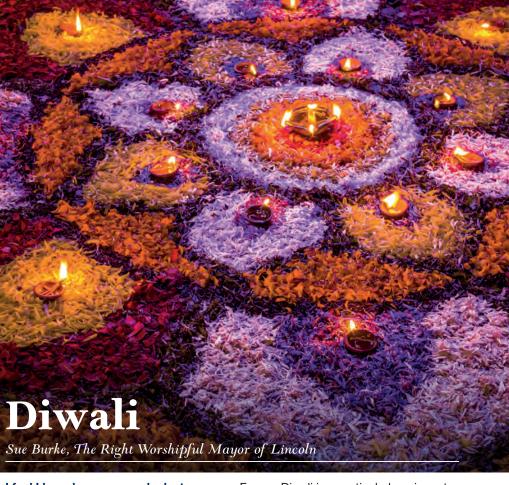
Open to all students and staff, this is a fantastic opportunity to socialise, unwind, express your creativity and maybe try your hand at some new crafting activities.

Meetings take place 4 pm – 6 pm every Thursday during term time.

Zoom details

Meeting ID: 882 0546 3261

Passcode: 181630



I feel I have been so very lucky to have had the opportunity to join the Lincoln's Diwali celebrations over the past 6 years from when I first became aware of Diwali when my husband Chris became Deputy Mayor 5years ago to when we joined the community and student celebrations in 2017 when we particularly enjoyed the dancing.

It has been a wonderful journey and a joy to be part of this wonderful and growing part of our City faith community. For me Diwali is a particularly poignant festival as a symbol of the victory of good over evil - symbolised by the eternal victory of light over dark each day. These candles are a deep symbol that many of us share in our different faiths but common convictions. It is also a reminder of how we are united in peace across our whole world in a determination to protect our vulnerable against a pernicious virus. We thank our creator that a vaccine is on the way.



Meeting Carole from the Chaplaincy at the beginning of my course in Oct 2019, was a profound experience, which facilitated, supported

and nurtured my growth, both personally, emotionally and spiritually. Carole has been a consistently positive influence upon me and this has encouraged me to be more of a positive influence to others around me. The most important relationship you have is the one with yourself; this programme of positive thinking has strengthened that relationship and my personal relationship with faith. Thank you to Carole, the university and the faith centre!

Tom Harris

I have recently started in the new role of Night time Mental Health and Wellbeing Advisor at the University. I am based on campus, primarily supporting students

who are experiencing mental health crises between the hours of 8pm and 4:30am. I am able to provide mental health and wellbeing advice and will also be able to signpost students to more specialist services

where appropriate. This is a new role within the Student Wellbeing team and I am excited to offer this element of support outside of traditional office hours.

Rachael Green



St Katherine's Cathedral is the worshipping home of the Traditional Anglican Church (TAC) in Britain. The TAC is a global church of "Continuing Anglicans" covering virtually every continent. The TAC came into existence as a direct result of the decision by (in the case of England) the Church of England ordaining women in 1994. Most of the priests here were CoE clergy who left at

that time along with their respective congregations. Today, we have large representations in Africa, India, Australia, South America, Italy, USA and Canada. The Church has a male only clergy and is overseen by our College of Bishops, Archbishop Shane Jensen is our current Archbishop.

We have been established in Lincoln



since 1994 and at St Katherine's since 2000. We are Anglicans using the Book of Common Prayer and the English Missal, with the Mass sung to Merbecke. St Katherine's is a beautiful place standing on ancient Christian foundations dating back to 1100AD. We are a small worshipping community based in the heart of St Catherine's area of the City. Within the Nave we have an incredible heritage

facility which tells the history of the site over the last 900 years. In addition, we have a truly magnificent historic Organ (The Grand Organ) the most important transitional organ in England.

Since Covid we have had to limit our services to just one each Sunday at 10.00am.

https://www.windkeymusic.com/

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The Eleanor Glanville Centre

The Eleanor Glanville Centre (EGC) is the University of Lincoln's central department for diversity and inclusion. Led by Professor Belinda Colston, the EGC specialises in the development and evaluation of EDI strategies and interventions, and their impact across the sector.

The work and activities of the EGC are centred on a core commitment to facilitate the sustainable development of an inclusive culture - both within the University, and in the wider society. Underpinning this core commitment is the interdisciplinary research that develops our knowledge and understanding of the biases that lead to barriers, and allow mitigation to be developed and tested.

One of our key cross-cutting themes, is to ensure equality of opportunity - to



eleanor glanville centre

ensure that no one is left behind. We are committed to actively promoting an organisational culture where individual difference is appreciated and respected, ensuring equitable and fair treatment for all. Fair treatment, therefore, is a basic principle with which we treat our staff, students, visitors, associates and our suppliers.

We believe that all individuals or groups of individuals, characterised by gender, race, disability, religion or belief, sexual orientation and age, should be treated fairly and equally, specific to their needs, and given an equitable chance to access opportunities.

THE BACK PAGE







Ten tips to make the most of your money



Write it all down! Add up all your income, then work out everything you have to pay for. Don't forget occasional things like laundry, parking and library charges.

Organise your income

Expenses could be daily, weekly or monthly expenses but your income arrives as a lump sum at the start of each term. Work out how much of your loan you need each month to survive to the end of term – don't forget money to travel home!

Maximise income

Consider part time work – visit the Jobshop.

Get help

Struggling? The Advice Service has a Make your Money Go Further workshop. Control your money, don't let it control you!

Deals and discounts

Look out for deals and student discounts in shops, bars, restaurants and cinemas

Cook!

A basic sandwich could be £2 in shops, but you can make them yourself for pence. Pack your own lunches, buy a refillable water bottle and get a flask to make your own coffee in the morning.

Managing debt

You'll be offered a student overdraft and possibly credit and store cards. Not all borrowing is equal – visit our Be Money Savvy workshop to compare interest rates and work out the best deals.

Stay in control

Check your bank statements, compare prices, shop around and don't carry cash you don't need. Some banking apps will let you check your balance as you go.

Pay your way

Don't forget that parking illegally or not having a TV licence could cost you much more in the long term.

Turn unwanted things to cash

Lots of online options - try a car boot sale app.









MONDAY

4pm-8pm: St John's Hall, Laughton Way, Ermine, LN2 2ES 8pm-11pm: Bridge Central, Portland Street, LN5 7NN

TUESDAY

4pm-8pm:St Giles Methodist Church, Addison Drive, LN2 4LH8pm-11pm:St Columba's Church Centre, Brant Road, LN5 8SE

WEDNESDAY

4pm-11pm: Bailgate Methodist Church, Bailgate, LN1 3AR

THURSDAY

4pm-11pm: Breakthrough Centre, Boultham Park Road, LN6 7ST

FRIDAY

4pm-8pm: Life Church, Birchwood Avenue, Birchwood, LN6 0JA 8pm-11pm: Bridge Hub, Newark Road, LN5 8NQ

SATURDAY

8pm-11pm: The Salthouse, Free School Lane, LN2 1EY

SUNDAY

8pm-11pm: Alive Church, Newland, LN1 1XD











Free copies of 'Place of worship and ethnic shops within the City of Lincoln' maps are available at Witham House, Student Support Centre and Student Wellbeing Centre.







/ChaplaincyUoL /L





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