

We are now in a new stage of lockdown. Schools have started going back. Cafes, pubs, restaurants and the casino are available for limited numbers with strict conditions. However the powers that be have been reading The Bible which mentions human life as lasting "three score years and ten". So, 70's and over have to stay home! A significant number of St John parishioners can thank God for a magnificent bonus! Having given thanks for more than the mandated 70 years, you now have extra time to prepare a new bucket list!

We have looked for some messages of inspiration while we journey on in this time of isolation and sometimes desperation. Churchill advised "when you go through hell keep going" (he wasn't a frontline worker). Napoleon advised "an army marches on its stomach" (he knew hunger was suffering)

In a recent TV interview Australian icon Michael Leunig described his journey to seek out the meaning of life and gain serenity. In spite of ill health, mental anguish, failed marriage and loneliness, he spoke of his love of children and his intention to continue searching to the end of the road. Here is his poem (his cartoon has his characters holding a bowl of soup and marching with his duck in the desert

OUR WINTER POEM by Leunig

Into weariness and woe
I am bound to simply go,
Understanding less and less
Of this existential mess.
Not to stagger or to stoop
But to bear this bowl of soup
With careful steadiness and cheer;
This soup I made, this bowl so dear,
This time on earth, these bits I found.
The trembling heart, the shaky ground,
The fading light, the wistful moon,
My winding path, my wooden spoon

Napoleon and Leunig illustrate the comfort of food in stressful times. Here is our choice:

SOUP RECIPE (see next page)

Feedback and food tips, comments on previous recipes:

The muffins contain buttermilk if unavailable milk can be curdled with lemon juice or Greek yogurt can be substituted for buttermilk.

The cornbread is ideal for children to bake and easier than damper.

Request for more recipes with vegetables acceptable for children.

The garden in winter

During lockdown the ABC'S "Gardening Australia" soared in the ratings and nurseries had an increased demand for seedlings. A significant number of people discovered the mental wellness and relaxation that gardening can bring.

Tips compost

If you don't have a bin choose an area of garden in where you want to plant later. When leaves gather dump them on this area – in a couple of months they will rot down and the area will be ready to plant, winter plants – rocket, lettuce, spinach, peas. Now ready to plant good for salad and sandwiches

Plants for winter

We welcome recipes, hints, stories of inspiration and your coping strategies.

Like Leunig we must follow our own winding path. We can be encouraged by the eternal truth (as Dispin reminded us last Sunday in this sermon)

"I will be with you all the days till the end of the world". Not one of us walks alone.