

HBC LADIES' NEWS

Welcome | Heroes of the Faith | Hints from the Garden Shed

Welcome

Welcome to the March's edition of the **HBC Ladies' News**.

- If you haven't started the Lent Devotional and, although we are part way through March, do click on the link on the right to get going!

Week 3 and 4 will be added to the website on Sunday 14th and 21st March.

- Enjoy the second part of the life of Elizabeth Fry.



Many thanks for Suzanne's comment following the first part of the article on Elizabeth Fry -

'Amazing what one woman can do and with eleven children!'

Birthday Surprise

At a recent birthday, my 13 year old grandson surprised me with a Carrot cake he had made earlier in the day.

It was moist, spicy and, as a hater of carrots, unexpectedly delicious.

I enjoyed it so much I asked him for the recipe and have made one myself.

It was eaten up so quickly, I was unable to take a photo.

Follow the recipe on [BBC Good Food Carrot Cake](#)

A Happy Grandmother

Lent Devotions



The content of the HBC's Lent Project is largely based on the book, 'The Ruthless Elimination of Hurry' by John Mark Comer. Its subtitle is, 'How to stay emotionally healthy and spiritually alive in the chaos of the modern world'.

If the book addressed that need in 2019 when it was written, how much greater is that need today in light of the Covid-19 pandemic?

Whatever your situation, we all have been affected by the pandemic and can greatly benefit from the 4 spiritual practices introduced in this book. We hope that the 4 week study will enrich your life.

Click on this link - [Experience God's Rest](#)

Heroes of the Faith - Elizabeth Fry - Part 2

What challenges me (*i.e. Rev Canon J. John*) about Elizabeth Fry is not just her Christian compassion but the quality of it.

First, it was a *sacrificial compassion*. It's easy to praise social action at a dinner party or on social media but

Elizabeth was someone who was compassionate. With her background she would have struggled with everything about a prison: the squalor, the smell, the disease. Yet, echoing the Christ she loved and followed, she told prisoners, 'I am come to serve you, if you will allow me,' and service always means sacrifice. She paid a price, too, with the public, some of whom felt that she was reducing the deterrent effect of prisons.

Second, it was a *sensitive compassion*. Elizabeth recognised the danger of being condescending and humiliating to those in



Heroes of the Faith - Elizabeth Fry (cont.)

Situations Still Vacant

Gardening Correspondent

Could you provide a gardening idea each month for others to follow? If so, contact the Editor.

Baking Correspondent

Have you been baking cakes and biscuits during the Lockdown? Could you provide some simple recipes? If so, contact the Editor.



For our readers who enjoy numerical puzzles.

5	3			7				
6			1	9	5			
	9	8						6
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8				7
								9

Next Month

In the April's edition:

- Lockdown Memories
- The way ahead

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need. In speaking to prisoners she rarely said 'you' but would say 'us'. She stood alongside those who had been abandoned by society and treated them with dignity and respect.

Third, it was a *sensible compassion*. Elizabeth's compassion was realistic and practical. She encouraged the education and training of inmates so that they could take up a trade when they were released. She made sure that every woman who was to be transported was given a kit that included not only a Bible but also essentials such as sewing equipment. She set up support facilities to assist women when they left prison.

Finally, it was a *strategic compassion*. Elizabeth knew that what she could do alone was limited. She used her personality, her social links and her influence to get others involved with her. The results were that her labour outlived her.

Elizabeth Fry's compassion is challenging. She recognised there was a scandal in the prisons and, becoming indignant, did something about it. There are no shortages of scandals today but I find myself wondering where is *our* indignation? Where is *our* compassion? May the example of Elizabeth Fry inspire us today to do 'good works'.

J. John

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Hints from the Garden Shed



Many thanks to Julie for this delightful photo from the Winter Garden in the Cambridge University Botanic Gardens.

The snowdrops are a welcome and cheery sight in late Winter and now it is time to divide them to produce more next year.

To increase your clumps, lift them as the flowers fade and split them, replanting single bulbs a few centimetres apart.



Also, as daffodils and other spring bulbs begin to fade, cut off their old flowers before they get a chance to make seeds. This will concentrate the plants' energies into making bigger bulbs, ready to produce next year's display.