

## **COPING WITH DISTRESS**

What can we do in the face of a disastrous situation we cannot alter? When someone has to bear this, there is a period of time when we find ourselves feeling helpless. The pain is not easy to reach into and heal. Poets and novelists may offer some insight but no one can do much to take away the pain.

There are some things in life before which we simply stand helpless. For a time, the pain can be so deep that no therapy, and no words of comfort can do much for us. Eventually we begin to emerge from the grip of that over-concentration and, still further down the road, are able to regain our freedom and resiliency. But there is a time during which our friends could do nothing for us other than to stay close to us.

What can anyone say to someone caught up in this way? We have our stock expressions: life must go on, every morning will bring a new day and eventually time will heal things, remember too you are not alone; you have family and friends to lean on: beyond that, you have faith. God will help you through this.

All this is true, but not particularly consoling or helpful during a period of deep unhappiness. It may be that only time can bring about healing; meanwhile the only real option is to try to get one foot in front of the next, stoically, holding our pain with as much dignity as we can muster, waiting for time to work its healing.

Yet there is something that can help make the unbearable more bearable, namely, a more conscious, deliberate effort to love that which, beneath everything else, animates and directs it. It's not easy. But we do it when, despite our frustration, and anxiety, we let our generous and deeper side be the deepest voice inside of both our sympathies and our actions.

When we are brought to our knees by frustration, the best thing we can do is to remain kneeling in helplessness before God - who will help us in God's own way in God's own time, and bring some good out of the most disastrous situation. *Rom 8.28*

## **First Sunday Services: Sunday 1<sup>st</sup> January 2012**

Barrington: 10.30am Said Communion (1662) Re'vd Tim Cook  
Kingstone NOT 10.30am Communion CW Canon John Simpson  
Dowlish Wake: (with hymns)

## **First Sunday Services: Sunday 5<sup>th</sup> February 2012**

Barrington: 6.00pm Evensong  
Cudworth: 11.15am Communion  
Dowlish Wake: 8.45am Communion  
Kingstone: 10.00am All Age Worship  
Shepton: 10.00am Family Service 11.15am Sung Mass

## ***Our Churches are under threat of theft and vandalism***

This is **A VERY REAL THREAT.**

If you see anyone "working" on the building they are probably stealing  
***call the Police on 999.***

**Please be vigilant around our little churches.**

No work is planned in January

## **Stocklinch First Sunday**

*David and Sue Tucker invite you to a*

***First Sunday Worship – 10.30am***

*Sunday 5<sup>th</sup> February 2012*

Please contact David & Sue (52791) or Paul & Valerie (55519)  
for details.

**Watch Out for:**

January - NA

**VILLAGE WEBSITES:**

Barrington Village [www.barringtonvillage.btck.co.uk](http://www.barringtonvillage.btck.co.uk)

Barrington (with Ilton) Primary School [www.stmarystpeters.co.uk](http://www.stmarystpeters.co.uk)

Shepton Beauchamp Village [www.sheptonbeauchamp.org.uk](http://www.sheptonbeauchamp.org.uk)

Shepton B Primary School [www.sheptonbeauchampschool.org.uk](http://www.sheptonbeauchampschool.org.uk)

Stocklinch Village [www.stocklinch.org.uk](http://www.stocklinch.org.uk)

**From the Church Registers:**

30 November Eileen "Paddy" Moulding, 93 years; funeral and burial at Barrington

**Puns for the educated mind....**

1. The midget fortune-teller who escaped from prison was a small medium at large.
2. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
3. A backward poet writes inverse.
4. In a democracy it's your vote that counts. In feudalism it's your count that votes.
5. When cannibals ate a missionary, they got a real taste of religion.
6. If you jumped off the bridge in Paris, you'd be in Seine .
7. A vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, 'I'm sorry, sir, only one carrion allowed per passenger.'
8. Two fish swim directly into a concrete wall. One turns to the other and says 'Dam!'
9. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.
10. Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says 'Are you sure?' The first replies, 'Yes, I'm positive.'
11. Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcend dental medication.
12. There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh.  
No pun in ten did.