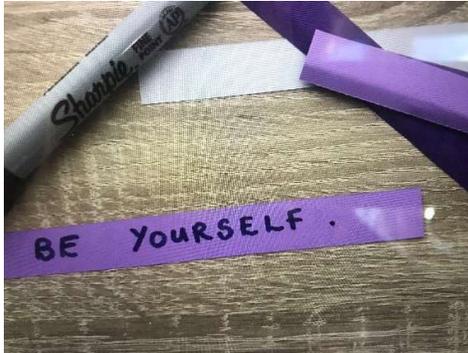


What does Lent mean to you?

40 days and counting...



I hope everyone enjoyed pancakes last week?! They are still my absolute favourite. With lemon & sugar.

On Friday, The Well Zoom social group had a great catch up centred around the meaning of Lent. We made a paper chain in the traditional purple Lent colours and discussed what positive things we were going to put in place in the lead up to Easter and the celebration of New Life. We didn't quite reach 40, but there's still room on the chain if anyone wants to make a suggestion!

My personal favourite is displayed here: **'Be Yourself'**. I think being honest about how we are feeling and understanding that we are all just one step from grace, so to go gently, is such an important value. We are all human and all unique and that's o.k.

I wonder if others of us in the Community are doing things to prepare for Easter? Of course, all of us are counting days until the end of Lockdown (now looking forward to the next milestone of 29th March).

I have heard some inspiring stories of what some volunteers and their families are doing to support the work of The Well.

One family are shopping for an item for the Food Bank for every day of Lent. 40 items will make up a really healthy food parcel or maybe even two! Another has decided to shop only for food during Lent that would be found in a prescribed Food Bank pack-up for an equivalent family. Any money that would have gone on extras or treats, they are gifting to The Food Bank.

Other people are making the most of the time we have left without outings to people and places to walk some extra steps or to deliver surprise gifts to people they would normally be meeting up with as the weather grows warmer (we hope!). And one older couple have decided to ring an 'old friend' for a long catch up every week before they receive their next vaccination.

In being ourselves, we have the opportunity to use this time to do something that helps

us draw nearer to the brightness and abundance of Easter. It may be that we're inspired by one of the ideas above or we may like to do our own thing.

One of the members of our group on Friday pointed to the resurrection of Jesus as being the most significant part of that celebration. We had a good discussion about if and why Easter was the most important festival that Christians celebrate because of this, and decided that probably it was.

Whoever we are and whatever we believe, we cannot deny that the rhythm of nature screams resurrection hope: after the darkness of night, there is always a morning. And even if our treasured rhythms of life have been so rudely interrupted by Covid-19, nature carries on regardless! There is a natural time for everything. It all belongs. All will be well.

We ended our Zoom call by lighting two candles together - one for remembrance and one for observance. In remembering and looking back, we raised a lot of thanks, some hurts, some joys. In observing and looking forward, we thought of things we would like to do differently to make this year even better. Both are important in welcoming the Spring:

"A wretched year will give way to a Spring that will be incomprehensibly better"

Boris Johnson, 22nd February 2021, 5p.m.



VISION DAY

Having reflected on progress made with the 2020 Business Plan, the Trustees and Staff of The Well are spending a day this Saturday, reflecting on what the future might look like and planning what next.

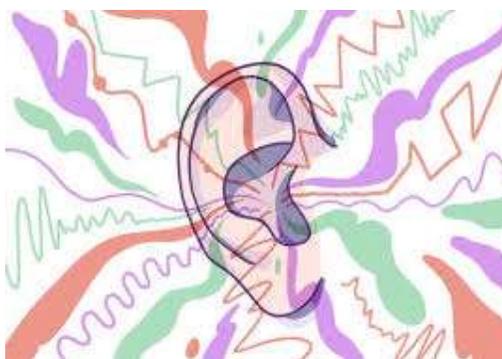
Volunteers and Supporters of The Well will appreciate that the past year has invoked a

great deal of changes which need careful prayer, discernment and management. We are therefore delighted that Tim Lea from Charis Consultants will be guiding us through the day - listening carefully to each person and considering our skill set as we aim to settle upon next steps to get us through Lockdown and beyond. We are very optimistic about the opportunities ahead and to sharing these with everyone in the near future.

For the time-being, we are thankful that an additional grant from Leicestershire County Council has been awarded to The Well to cover essential costs until we can re-open and regain income.

On the next couple of Fridays, the core leaders 'on the ground' at The Well will be meeting to begin to discuss the logistics for eventually reopening No. 45. This is looking increasingly like **mid-April** for the opening of the Shop and Cafe garden although, if risk assessing allows, we might be able to offer takeaways before then.

The Food Bank and Listening Service will continue to run and evolve alongside, although we hope there will be overlap in due course.



Listening Team

The Listening Team met on Monday for an important catch up about how we feel this growing ministry is going, and to work on our Listening Guidelines. We are currently receiving around one new referral to the service each week, which indicates the need in our local community.

We are now clearer that The Well's contribution, as part of a local network of caring services, is to offer a listening service that is for those feeling isolated or lonely and/or pondering circumstances around them. We would like to hone our skills in helping people to make progress for themselves.

The team have been grateful for input from local partners - including Nicola & Wayne, local Life-skills coaches and members of our GP Practice Social Prescribing team, and of course our very experienced and wise Kathy Morrison who has refreshed us in our awareness of the Acorn Listening Style of accompanying a person.

Here are a few pointers that we may all find useful if we find ourselves needing to listen carefully to another:

To support Acorn Style Listening:

Gerard Hughes, "The gift of being a good listener, a gift which requires constant practice, is perhaps the most healing gift anyone can possess, for it allows the other to be; enfolds

them in a safe place; does not judge or advise them; accepts them as they are without desiring to change them; and communicates support at a level deeper than words.”

Mirroring:

Listen for the feeling words. Pause the person every so often if there has been a flood of issues, so you can check you have heard correctly – reflect back the feeling words and phrases. Use their words and particularly their feeling words, eg ‘This made you furious’, if that was the word they used, or ‘You feel uncomfortable about ...’

When finished ask three questions:

1. Out of all you have been saying, what do you think is most important?

Reflect back their reply.

2. Is there anything you want to do about it?

Reflect back their reply.

3. Now we are finished, can you say how you are feeling?

Reflect back their reply.

From the Samaritans: -

SHUSH listening tips

S show you care

H have patience

U use open questions

H have courage

If any volunteers are interested in joining the Listening Team, or know someone in the community who may benefit from the service, please contact Emma.



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Thanks for supporting The Well .



Springtime Bird Boxes for Sale!

Lovingly made by Peter Thorn these, could make the perfect Mothering Sunday/Easter present for someone special...or just for you for only £8!

Peter has about 5 of these left and could produce a few more if there is demand! Please call Carol or email: manager@thewellkibworth.org if you are interested in welcoming new life to your garden or one near you!

Thank you.

