

## BLESSINGS OUT OF BUFFETINGS

### *Lessons Learnt from Lockdown*



"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation . . . I can do everything through Him who gives me strength."

**Philippians 4: 12-13**

We have all found the time since lockdown was introduced challenging in one way or another. Maybe, though, you discovered something that made it just that bit easier? For some, that might have been (re)learning to bake or cook, or (re)discovering a local beauty spot, or developing a new hobby. Many found strength in the words of a poem or verse.

If something helped you get through this time, will you please consider sharing it with others? We are planning to produce a book so that all of us can share some of the blessings that have come out of the buffetings experienced at this or indeed other times of our lives.

- Did you discover a new recipe that others might try?
- Do you have a few tips and hints that made a practical difference?
- Have you a story of something that encouraged you?
- Did you take a photograph of some significant place or moment?
- Did you come across a quotation, verse or prayer that lifted your spirits?

Our plan is to include at least one of these tips for every day of the year. But that is dependent on you letting us have them!

Please consider including a short item for the book: your name will be included against your entry (unless you wish it to be anonymous).

Entries are not limited to members of St. Canice's. Please encourage friends and family members to submit their items too.

The book will be produced to a high standard and should be available in good time for Christmas. It would make a very suitable gift.

As well as offering daily inspiration, the book will also be a permanent reminder for future generations of the spirit of faith, hope and love that sustained us through this time.

To help finance the printing of the book we suggest a minimum donation of £2 per entry, £5 for longer entries.

If you wish to include an item in the book, please ensure you submit it by the end of September. You can do either of the following:

(a) **Submit it electronically** to [stcaniceschurch@outlook.com](mailto:stcaniceschurch@outlook.com) stating exactly which item(s) you'd like to submit and attaching those items:

1. Recipe
2. Tip or hint
3. Photograph
4. Quotation, verse, or prayer

Text BLESSINGS to 70085 to donate £2. Texts cost £2 plus one standard rate message. You may text as often as you wish.

(b) **Complete the form opposite** and post or drop it in to The Rectory, 21 Main Street, Eglinton, BT473AB, marked "Blessings Book". Please also include the appropriate donation.

For both ways of submitting an entry, please let us know if there is a particular date you would like it to be appear against and whether or not you would like your name included. We encourage you to think of including more than one entry if you wish.

I would like to include \_\_\_\_ item(s) in the "Blessings Out of Buffetings" Book

Recipe(s) \_\_\_\_\_

Tip(s) or hint(s) \_\_\_\_\_

Photograph(s) \_\_\_\_\_

Written item(s) e.g. Verse, quotation, prayer (please write below/ overleaf or attach separately)

I would like my item(s) included on \_\_\_\_\_ (date)

Tick if you would prefer the item(s) to be recorded anonymously ☐

I include a donation of £ \_\_\_\_\_

Name \_\_\_\_\_

Phone number \_\_\_\_\_

Email address (where available)

\_\_\_\_\_

**THANK YOU!**