

Dear all

It was wonderful to be back in church, and see many of you in the flesh again. We had a couple of minor hiccups, but in the main, things worked well.

We were 33 – separated by 2 metre social distancing. However, we almost reached capacity, with only 2 pews left. This was because we were working to the 2m distance, and quite a few were sitting on their own.

It was noticeable that almost everybody wore a mask, and so we have made the decision to ask everyone if they could wear a mask to church (including Sonia and me!). If this happens, we can social distance at 1m + (the + being the mask). This would mean that we could fit 2 people into a pew (3 for the longer pews) and still maintain a safe social distance. We would have an area available for those who choose not to wear a mask (and we have spares for those who have forgotten!). Masks will be temporarily removed for readers, intercessors and to take communion, in which case, the 2m rule will apply.

I am delighted that Chris Halley has come up with the offer of a wi-fi hub for Sunday mornings. This means that we should be able to live-stream the service on Facebook. If you are not able to attend the service, try logging into Facebook at 10.00am. Hopefully it will all work OK.

(Note from J W - If you don't have the link to Facebook handy, here it is:)

<https://www.facebook.com/DSJ-Priory-Church-938962326130409/>

I have recently come across some excellent tips on wearing masks:

“I am a Breath Behavior Analyst. My specialty is the psychophysiology of breathing. That means how our breathing habits affect the body’s chemistry and nervous system regulation. This includes hormones and thermoregulation issues.

Since all the Covid Protocols came into effect I see so many people who are experiencing an increase of or new symptoms while wearing a mask. The majority of this is from habits we use to breathe while wearing a mask that work against us. Most of this is unconscious breathing behavior, but the good news is you can reverse it quite quickly.

I refuse to profit off of world pandemic. So I’m offering these tips and free help to anyone who needs more support after trying this for a few days. There is no catch, except maybe finally catching your breath.

1. Only wear a mask if you cannot social distance according to Covid-19 protocols. I do not advocate for or against mask-wearing as a precaution (there are enough people doing that) but I do advocate staying healthy with good breath hygiene while wearing one.
2. Nasal breathe only.

NEVER mouth breathe in a mask. Your nose thermoregulates and moistens the air to keep the lungs working properly and nasal hairs and mucus are the first line of defence for your immune system. Mouth breathing dries the airway, restricts alveolar intake, and gives you zero protection from any particles you inhale. This triggers the sympathetic nervous system and a whole host of physical responses best known as the flight or fight response.

You can breathe through your nose even when doing heavy lifting or other activities that get your heart pumping. You can breathe even if your nose is stuffy. In fact it will help your nose to clear the mucus and reduce inflammation in the sinuses too!!

This may take time to get used to. Try wearing a mask for just a few minutes at a time at home to practice if nasal breathing is not your norm. Also practice wearing it during light activities to simulate what you do when you are in public wearing it.

3. Breathe lightly but not shallow in the mask. Taking bigger breaths blows off too much CO₂ which reduces oxygen perfusion as a result of trapping O₂ in the blood ; hence all the symptoms.

** Cloth and non-surgical masks do not restrict O₂. Your breath habits in a mask do. **

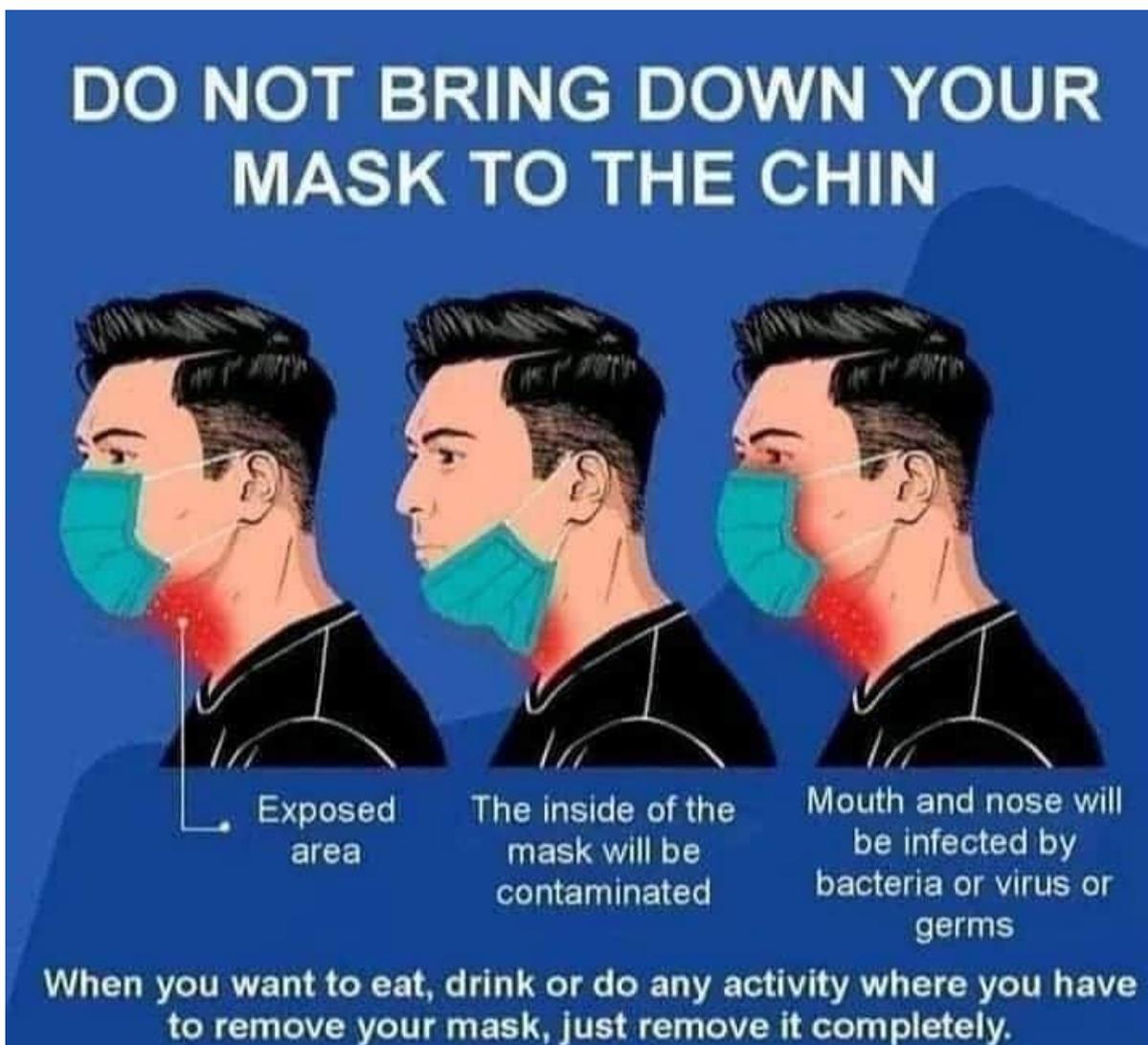
Side notes: light nasal breathing also gets rid of the foggy glasses because the airflow is down and out the sides of the mask instead of creating back flow.

4. Change it often. A wet mask reduces effectiveness, creates more heat and resistance to airflow thus increasing perceived difficulty breathing.

I truly hope this helps. We all have enough going on in our changing bodies. Here's to thriving, not just surviving. Watch this video about how to wear a mask."

<https://www.canada.ca/en/public-health/services/video/covid-19-wear-non-medical-mask-face-covering-properly.html>

And also...



Finally, a reflection from Nick Fawcett:

For guidance in our journey of faith

Here's a prayer from my book [*Poems to Help You Pray*](#), also frequently sung as a hymn, which asks God for guidance in our journey of faith. Use it to seek God's blessing on your own journey, that you may continue to grow in faith and understanding.

Lord, you call me to a journey,
to a never-ending quest,
always seeking new horizons,
always striving for the best.

Young or old, it makes no difference,
still the journey's just begun,
keep me looking in the distance,
for my race is not yet run.

Let my search for truth continue,
may its flame for ever burn –
what I know is only partial,
show me all I need to learn.

Help me hear your voice of challenge,
by your word let me be fed.
Lead, and should I start to wander
help me walk your way instead.

Teach me faith must keep evolving
if it is to stay alive –
though I have a destination
I must travel to arrive.



Lord, you call me to a journey,
always holding one step more.
Help me, then, to keep believing
that you hold the best in store.

Stay safe

Blessings and love

Mark