



VINTAGE ADVENTURE

@ HOME

REST

Dear Friends

Welcome to this month's Vintage Adventure @ Home. As you will discover this month, we are looking at different aspects about sleep and the importance of rest. We are aware that with so many changes, uncertainties and loss, many of us have had disturbed sleep during this season of COVID-19. We therefore thought it would be helpful to look at the wonderful promises that remind us that God watches over us during the night and cares for us whilst sleeping.

In our key scripture which looks at the disciples in the storm, we are also reminded that Jesus slept. Not only do we all need sleep to remain healthy and to flourish, but sometimes God will speak to us in the dark watches of the night or even in our dreams.

Waking during the night, I felt God speak to me about this passage and along with the reflection that I've shared in the pack, I think God wants to ask us these questions:

What would happen if you fell out of the boat?

How do you feel and what would you do?

What does Jesus do?

I really hope that these questions will help you think about this passage and as you pray that God will speak to you. Do let us know if God reveals something to you - it's always encouraging to hear how God answers our prayers!

This month's pack includes:

- A Camomile Tea Bag
- Worship Card
- Jesus in the Storm Reflection
- Practical and Spiritual Tips for Sleeping
- God speaking to us during the night and in our dreams
- Activity with Newspapers and Verses

- Card with quilt and scripture from Ann Todd
- Poem
- Lockdown Blanket and Knitting Pattern
- Word-search
- And a recipe for a night-time snack
- Lavender Bag

As usual, even if we still can't gather together, we really hope that you enjoy the contents of VA@Home and that you meet with God through the reflections, the prayers and the activities.

Love and Blessings

Erica



WORSHIP

FINDING GOD IN OUR REST

"My soul finds rest in God alone; my salvation comes from Him. He alone is my rock and my salvation; He is my fortress; I will never be shaken."

Psalm 62:1-2

The following quote comes from St Augustine of Hippo who was a fourth century theologian, philosopher and bishop from Hippo Regius in Roman North Africa.

'Thou hast made us for thyself, O Lord and our heart is restless until it finds it's rest in thee'.

Guide me waking, O Lord, and guard me sleeping, that awake I may watch with Christ, and asleep I may rest in peace. Amen

Jesus teaches us the importance of rest:

"Come with me by yourselves to a quiet place and get some rest".

Mark 6:31

"O Sabbath rest by Galilee!

O calm of hills above,

Where Jesus knelt to share with Thee

The silence of eternity

Interpreted by love."

From Dear Lord and Father of Mankind by John Greenleaf

Jesus teaches us the importance of finding time to be quiet and rest, and in the quiet we are able to draw closer to God.

Read this meditation slowly and reflect on God's Rest

Rest is trust. Rest equals peace, Rest means quieting all our racing thoughts and worries and concerns and turning them over to God. The next time that you are exhausted and fall into bed for your night's sleep, be mindful of that feeling of complete surrender and trust.

Savour the beauty of being still and enjoying the blissful state of rest. Then take that feeling of surrendering your burdens into your waking state. There you will consistently understand what it means to rest in the Lord.

From the Guided Christian Meditation Website

Try to find a quiet place to slowly pray this prayer. It may help if you name before the Lord the worries and fears that are troubling you.

Lord Jesus, I come to you in need of rest. Please help me to accept your invitation to come empty and receive the rest I need. Help me to willingly release my fears, my worries, my agenda and my to-do-list. Ease the tension and replenish my body. Silence the voices of doubt and speak your words of truth. Remove the heaviness of my day and pour out your Spirit abundantly into my life. Fill me with your peace, joy and love. Please pour your grace upon me until my life reflects the beauty of resting in you. Amen

POEM

In the whirlwind of a busy life this poem helps us understand the importance of resting in God's perfect peace!

*This world seems to move faster and faster
And I'm trying to keep up.
But God, in the whirlwind
Instead I get caught up.
Like an unbeatable force it pulls me in
But I know eventually I cannot win.
I must learn to rest in your perfect peace
And though good, let all endeavours cease.
Oh that my feet would mimic your pace,
So your joy would be set on my face.
Help me, Jesus, to slow down when you would.
Help me, Lord to rest as I should.
Thank you for loving me just as I am;
Thank you that rest is part of your plan.*

Rachel Wojo

SCRIPTURES TO READ AS WE WAKE FROM SLEEP

To the Lord I cry aloud, and he answers me from his holy hill. I lie down and sleep, I wake again because the Lord sustains me.

Psalm 3:4-5

Awake harp and lyre! I will awaken the dawn. I will praise you, O Lord among the nations; I will sing of you among the peoples. For great is your love, higher than the heavens; your faithfulness reaches to the skies. Be exalted, O God, above the heavens, and let your glory be over all the earth.

Psalm 108:2-5

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.

Psalm 143: 8

The first verse of Be thou my vision, an ancient Irish hymn that was translated by Mary E Byrne, reminds us that whether we are awake or asleep, we need God to be at our centre – or ‘our best thought’

*Be thou my vision, O Lord of my heart;
Naught be all else to me save that thou art
Thou my best thought, by day or by night;
Waking or sleeping, thy presence my light.*

Psalm 121 says, the Lord does not go 'off duty', he is constantly watching. In this short psalm the phrase 'he/the Lord watches over you' appears five times. It is God who gives us peace and rest.

I lift up my eyes to the hills, where does my help come from? My help comes from the Lord, the maker of heaven and earth. He will not let your foot slip, he who watches over you will not slumber; indeed he who watches over Israel will neither slumber nor sleep. The Lord watches over you, the Lord is your shade at your right hand; the sun will not harm you by day nor the moon by night. The Lord will keep you from all harm, he will watch over your life; the Lord will watch over your coming and going both now and for evermore.

Psalm 121

I will lie down and sleep in peace, for you alone O Lord, make me dwell in safety.

Psalm 4:8

*When you lie down, you will not be afraid;
when you lie down your sleep will be sweet.*

Proverbs 3:24

These are verses from the hymn Lord of all Hopefulness by Jan Struther, remind us that God is with us at all times.

*Lord of all hopefulness, Lord of all joy,
whose trust ever childlike, no cares could destroy.
Be there at our waking, and give us we pray,
your bliss in our hearts Lord, at the break of the day.*

*Lord of all gentleness, Lord of all calm,
whose voice is contentment, whose presence is balm;
be there at our sleeping, and give us we pray,
your peace in our hearts, Lord, at the end of the day.*

Pray in the morning

Creator God I give this time to you. Jesus teach me how to love, how to live in your presence. Jesus teach me how to live, how to pray your will. Jesus teach me how to pray, how to rest in your embrace. Jesus teach me how to rest, how to be in your world. Jesus teach me how to be, how to love in your way. In the early moments of this day; I pray for our leaders, I pray peace where there is conflict, I pray hope where there is despair. I pray joy where there is sorrow, I pray love where there is hate.

Pray in the middle of the day

In the midst of the day let me not be distracted that your voice is lost. In the midst of this day let me not be so weary that your will is not done.

Pray in the evening

God of all things, circle me, protect me as I sleep. God of small things, circle me, grant me good sleep. God of eternal things, circle me, refresh me as I sleep. May no unpleasant thoughts or dreams disturb me. May my resting mind be filled with peace. May my aches and pains diminish. May troubles stay outside the door. May my sleep restore and strengthen me. In the last moments of this day, I pray wisdom for our leaders. I pray peace where there is conflict. I pray hope where there is despair. I pray joy where there is sorrow. I pray love where there is hate. Amen

by Mary Fleeson, Lindisfarne Scriptorium

A prayer as you go to bed

Heavenly Father, I pray that as I go to bed tonight that you would give me a peaceful night's sleep and help me to wake refreshed, ready and willing to do your will. Thank you that you have given us this blessed time when our bodies and souls have an opportunity to be renewed, revived and revitalised. Keep me throughout the night-time hours under your protection and may the angel of your presence encamp around me tonight, for I love and trust you to keep me from all evil. Grant me your perfect peace in my heart and give me such a knowledge of your closeness Lord that I may rest securely, sleep soundly and sense that blessed assurance of your love and grace surrounding me.

This I ask in Jesus' name. Amen

And finally, a promise from Jesus:

'Peace I leave with you. My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.'

John 14:27

AMEN

JESUS SLEEPS THROUGH THE STORM



Mark 4: 35-41

That day when evening came, he said to his disciples, "Let us go over to the other side." Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped.

Jesus was in the stern, sleeping on a cushion.

The disciples woke him and said to him, "Teacher, don't you care if we drown?" He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

He said to his disciples, "Why are you so afraid? Do you still have no faith?" They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

HUMAN FRAILITY AND DIVINE POWER

Reflection on 'Christ in the Storm on the Sea of Galilee'

Painting by Rembrandt van Rijn: (1606-1669)

This moving painting captures the essence of our passage today, in which we see Jesus and the disciples taking a boat out onto the Sea of Galilee to cross to the other side. Jesus had been teaching to the crowds that had gathered all day and we can only assume that he must have been exhausted. We know that Jesus gained strength for his arduous ministry by spending time alone with his Father; so often we are told that Jesus withdrew to a quiet place to pray, seek counsel and renew his resolve for the journey ahead. In this passage, Jesus and the disciples seek some solitude by sailing out on the Sea of Galilee.

This painting by Rembrandt, to be viewed in Boston until 1990 when sadly it was stolen in what has been described as the biggest art theft in history, was the only seascape he painted. Rembrandt depicts this poignant moment in sacred history at the same time as drawing us into the unfolding drama of the storm. There is an element of mystery in the painting; if you look carefully, you can identify fourteen figures, with Jesus depicted sitting at the rear of the boat. It is thought that Rembrandt, known for his self-portraits, placed himself on the boat.

So, as we reflect on this passage ourselves, I suggest that like Rembrandt we also place ourselves on the boat as we enter into this story that acknowledges our human frailty, and yet also encourages us to have confidence in the divine power of God. Squalls on the Sea of Galilee were not uncommon, and I guess that the disciples who had grown up around Galilee as fishermen, would have felt comfortable and in control on the stormy lake, but on the other hand it must have been hugely frightening for those not used to boats, water and storms! Rembrandt even depicts one disciple being seasick over the back of the boat!

Amidst this chaos, Jesus sleeps. As we think about rest and sleep, I find it encouraging to see how Jesus succumbs to sleep after a busy day, demonstrating his fully human nature; and yes, even sleeps during a storm – here I think we are encouraged to

understand the trust Jesus has in his Father to protect him during the hours of sleep and rest. The Psalmist reminds us:

"I lie down and sleep; I wake again, because the LORD sustains me."

Psalm 3: 5

And yet the disciples are frantic, the boat is almost submerged, the waves are enormous, and the disciples are struggling to stay calm. The sailors amongst them were probably not only managing the boat but also the escalating fear of their friends.

Take a moment and reflect on a time when you have felt in the midst of a storm. Maybe you were like those trying to manage the distress of others, or maybe you felt overwhelmed yourself. Perhaps this has been how you're feeling during this global upheaval we're experiencing with COVID. We are all certainly in the same boat together.

And then the disciples realise that Jesus is asleep. Jesus may not have been a sailor, but in that moment, it is clear that even though they still don't fully understand who Jesus is, they have complete faith that Jesus is the one who can save them; the only one who can save them - -

--- and yet Jesus is asleep

'Teacher, don't you care - - '

The disciples feel abandoned, let down and angry

Pause again and be honest about those times when you feel God has abandoned you, when he has let you down. Tell Jesus about those situations, how much you hurt, how you felt alone - Jesus will hear you and understand

The incredible truth revealed in the short story, is that Jesus never abandons us. Not only does this passage reveal the depths of the humanity of Jesus, and therefore the knowledge that Jesus understands our own human weaknesses, but also the power of his divinity as he rebukes the storm, illustrating control over nature itself.

Here is Jesus, fully human, who sleeps because he is tired after a long day of teaching, healing and engaging with the brokenness of his fellow men and women and yet here

also is Jesus, fully divine, who can commune with the wind and the waves. The disciples respond in fear and ask themselves 'Who is this?'

I wonder how you see Jesus. Do you love the compassionate nature of his humanity or do you find reassurance in his divinity as the Son of God, come to rescue and save us from the storm? To rescue and save us from death itself. Jesus taught us about the Kingdom of God, but Jesus died for us so that we might enter the Kingdom and be with him in eternity.

This is beautifully described in Paul's letter to the Philippians (2: 8-11)

And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

Spend time thanking Jesus for both his humanity and his divinity
before closing with this prayer:

CALM THE STORM IN ME by Lisa Ann-Moss Degrenia

When the waves rise high above our ability to see your face...

**Still my soul, Lord Jesus,
Calm the storm in me**

When the howling wind and the pouring rain drown out the sound of your voice...

**Still my soul, Lord Jesus,
Calm the storm in me**

When the thunder and the lightning distract us from Your presence
in every circumstance...

**Still my soul, Lord Jesus,
Calm the storm in me**

"Through The Storms"

POEM BASED ON MARK 4: 35-41

I did not know His love before,
the way I know it now.
I could not see my need for Him,
my pride would not allow.

I had it all, without a care,
the "Self-sufficient" lie.
My path was smooth, my sea was still,
not a cloud was in my sky.

I thought I knew His love for me,
I thought I'd seen His grace,
I thought I did not need to grow,
I thought I'd found my place.

But then the way grew rough and dark,
the storm clouds quickly rolled;
The waves began to rock my ship,
my anchor would not hold.

The ship that I had built myself
was made of foolish pride.
It fell apart and left me bare,
with nowhere else to hide.

I had no strength or faith to face
the trials that lay ahead,
And so I simply prayed to Him
and bowed my weary head.

His loving arms enveloped me,
and then He helped me stand.
He said, "You still must face this storm,
but I will hold your hand."

So through the dark and lonely night
He guided me through pain.
I could not see the light of day
or when the storm might wane.

Yet through the aches and endless tears,
my faith began to grow.
I could not see it at the time,
but my light began to glow.

I saw God's love in brand new light,
His grace and mercy, too.
For only when all self was gone
could Jesus' love shine through.

It was not easy in the storm,
I sometimes wondered, "Why?"
At times I thought, "I can't go on."
I'd hurt, and doubt, and cry.

But Jesus never left my side,
He guided me each day.
Through pain and strife,
through fire and flood,
He helped me all the way.

And now I see as never before
how great His love can be.
How in my weakness He is strong,
how Jesus cares for me!

He worked it all out for my good,
although the way was rough.
He only sent what I could bear,
and then He cried, "Enough!"

He raised His hand and said, "Be still!"
He made the storm clouds cease.
He opened up the gates of joy
and flooded me with peace.

I saw His face now clearer still,
I felt His presence strong,
I found anew His faithfulness,
He never did me wrong.

Now I know more storms will come,
but only for my good,
For pain and tears have helped me grow
as naught else ever could.

I still have so much more to learn
as Jesus works in me;
If in the storm I'll love Him more,
that's where I want to be!

~ Unknown Author ~

Sleep as a Spiritual Discipline

“Rest Well – and it will be well with your Soul”

by Dr Ros Simpson

In the Psalms, David shows that peaceful sleep is an act of trust and a sign of humility. “I lie down and sleep,” David said, “I wake again, because the Lord sustains me”

*“I lay down and slept;
I woke again, for the LORD sustained me.
I will not be afraid of many thousands of people
who have set themselves against me all around.”*

Psalm 3: 5-6

He also said:

*“In peace I will both lie down and sleep;
for you alone, O LORD, make me dwell in safety.”*

Psalm 4: 8

Getting a good night’s rest shows that we know God is in control and will watch over us when we are at our most vulnerable. Sleep is a sign of trust and humility. But it’s also a spiritual discipline.

As D.A. Carson says:

“Sometimes the godliest thing you can do in the universe is get a good night’s sleep—not pray all night, but sleep. I’m certainly not denying that there may be a place for praying all night; I’m merely insisting that in the normal course of things, spiritual discipline obligates you get the sleep your body need.”

Like most spiritual disciplines, to be most effective sleep requires both a change in attitude and a change in habits. Here are a few things I learned and practical steps I've taken to better develop the spiritual activity of rest:



Tips to Help Improve Your Sleep

Better Sleep through Your Personal Habits:

*“The Lord watches over you—
the Lord is your shade at your right hand;
the sun will not harm you by day,
nor the moon by night.”*

Psalm 121: 5-6

- Spend a few minutes in gratitude to God for the day and all the good things He has done.
- Set a consistent bedtime and waking time. Don't vary the times by more than one hour otherwise your "internal clock" will need to reset itself, a process that can take up to three months.
- Avoid napping in the late afternoon and limit your naps to 30-45 minutes.

- Avoid alcohol and caffeine in the evenings. While alcohol makes you sleepy initially, a few hours after you have a drink, the alcohol level in your blood falls and produces a “wake-up effect.” Caffeine takes 14 hours to leave the blood stream and hides in innocuous places like teas and chocolate as well as coffee and soda.
- Engage in at least 30 minutes of cardiovascular exercise daily, but not within two hours of bedtime.
- Get out into the sun—even in the winter. Research shows exposure to natural light helps maintain a healthy sleep-wake cycle.
- Keep your room slightly cool.
- Wear comfortable clothing.
- Use comfortable bedding to promote staying asleep instead of waking to “rearrange.”
- Make your bedroom as dark as possible.
- Keep bedroom quiet or allow sounds which help you to get to sleep and stay asleep (sometimes “white noise”, such as a fan, is helpful).
- If you wake at night try to stay in the “sleep zone”, with the darkened room, and read a little or listen to soothing music for only 20 minutes, then try to sleep again. You can hence train yourself to drop off to sleep again.

Show God you trust him and are a good steward of his resources by deciding to do more to get a good night’s sleep.

Adapted from:

<https://www.thegospelcoalition.org/article/how-to-love-god-by-getting-more-sleep/>

A HYMN TO MEDITATE ON BEFORE BEDTIME

It Is Well with My Soul

When peace like a river, attendeth my way,
When sorrows like sea billows roll
Whatever my lot, thou hast taught me to say
It is well, it is well, with my soul

It is well
With my soul
It is well, it is well with my soul

Though Satan should buffet, though trials should come,
Let this blest assurance control,
That Christ has regarded my helpless estate,
And hath shed His own blood for my soul

It is well (it is well)
With my soul (with my soul)
It is well, it is well with my soul

My sin, oh, the bliss of this glorious thought
My sin, not in part but the whole,
Is nailed to the cross, and I bear it no more,
Praise the Lord, praise the Lord, o my soul

It is well (it is well)
With my soul (with my soul)
It is well, it is well with my soul
It is well (it is well)
With my soul (with my soul)
It is well, it is well with my soul

Songwriters: Philip Paul Bliss / Christopher C. C. Stafford

(If you have the internet there are some lovely versions to listen to on YouTube)

Sleep and Refresh

By Rob Childs

We sleep to refresh the body and restore us ready for another day. As we sleep, sometimes we experience dreams; a series of thoughts, images, and sensations in our minds whilst we sleep. It is whilst we sleep that God can speak to us. God can speak to people through dreams. It can be very significant, so let us look at some instances.

Acts 2:17

How exciting that God says he will speak to us in our dreams in our old age!

'In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams.'

Matthew 1: 20-24

But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins

Acts 16: 9

And a vision appeared to Paul in the night: a man of Macedonia was standing there, urging him and saying, "Come over to Macedonia and help us."

Today

Even today God speaks prophetically to some people through dreams. Not all dreams are words of knowledge from God, so if you have a repeated dream or you wake and have a strong sense that God has spoken to you through a dream, please do pray about it, test it against God's word in Scripture and talk to someone else for advice. God loves to communicate to us, and sometimes whether it's a dream, or a still moment when we lie awake in the night, God will show us something new about our relationship with Him or give us a new revelation about our own life.

GOD SPEAKING INTO OUR TIME OF REST

A Reflection and Photo by Chris Sinclair



This cactus is old.....so old I can't remember a time when it wasn't in the porch...
It is also totally and utterly neglected.....it doesn't get watered,
BUT....look at it....what amazing flowers it produces!
Somewhere within there are reserves of something,
and when the time is right it blooms
and really spectacularly!
So with our older people.....we may feel we are neglecting them,
BUT... God is able to get right inside them
to sustain them,
and when the time is right
we will see them bloom.



Almost 62,000 "excess deaths" have been recorded across the United Kingdom since the outbreak of the coronavirus pandemic, new figures have revealed.

There were 56,308 more deaths in England and Wales between 21 March and 22 May than normally take place in that period, the Office for National Statistics (ONS) said.

More than three-quarters of them were connected to Covid-19.

Shopping has changed for good, says M&S boss



Life has changed for ever: the story of Covid-19 is relentlessly bleak

Pandemic is now an economic crisis

Last orders for 'thousands'

final cur

What is now the advice to the over 70s and other at-risk groups?
Those over 70 otherwise in good health are being asked to avoid all unnecessary social contact. This means avoiding gatherings such as places of worship or community activities. The wider advice to the whole population to avoid pubs, clubs and theatres will mean the number of gatherings will be reduced anyway. There will be separate advice for those with the most serious health conditions to ensure they are "largely shielded from social contact".

Clarks shoes will mean loss of 900 jobs coming mo

Oxfam announces 1,450 job loss

HOW LONG WILL IT BE ?
O Lord, have compassion on your servants,
that we may sing for joy.
Make us glad for as many days as
you have afflicted us. Ps.90:13

SURELY
He will save you from the deadly pestilence.
Under his wings you will find refuge.
You will not fear the terror of night,
nor the plague that destroys at midday Ps 91:3-6

3. Video calls will be limited
Zoom calls will remain part of our lives, but we will change and adapt how we use them. Research shows that video calls are draining and tiring on meetings. So calls are appropriate and we are shifting back to one-to-one meetings, which as one manager told me "feels more personal and flows better".

Buy-and-consumer law could be thrown into chaos as three quarters of high street stores are on the brink of bankruptcy, research released yesterday found 1 percent of community law firms in Britain look likely to miss out on a traditional summer holiday abroad this year as the aviation industry said that most flights were unlikely to resume until July at the earliest.

We are experiencing the biggest remote work experiment in history, but many are beginning to imagine life after global job losses, company transport inf

continuing need for workplace social distancing, government launching back-to-work... The latest...

Cambridge the first it is no until sun

BECAUSE HE LOVES ME
I will rescue him, says the Lord.
I will protect him,
I will be with him in trouble,
I will deliver him and honour him
and show him my salvation. Ps.91:14-16

AND FINALLY

Have you ever seen the sky so blue? Not lacerated by rivers of contrails, it looks like a painted dome over the world. The natural looks artificial. Our cities' skylines have changed, too. The ceaseless hum of road traffic has been replaced by birdsong. And it smells different. Pungent aromas from plants and trees fill the air. They must have always been there in summer but were previously

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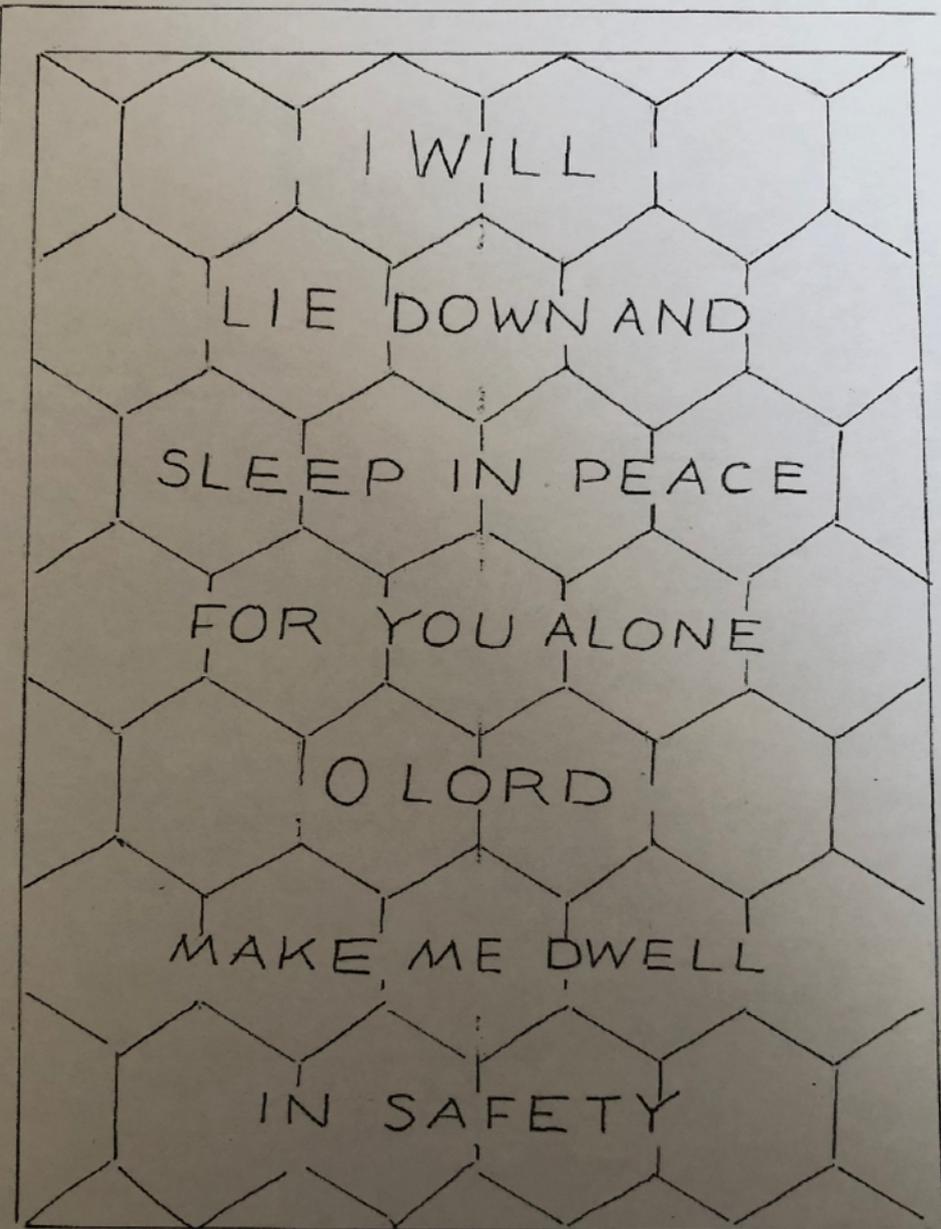
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Psalm 91:14-16

A decorative prayer card with a hexagonal pattern. The background is a grid of hexagons in various colors: light blue, purple, green, and orange. Some hexagons contain floral motifs, including roses and small green leaves. The text is written in a simple, sans-serif font across the center. The card is framed by a decorative border with a repeating pattern of small circles.

I WILL
LIE DOWN AND
SLEEP IN PEACE
FOR YOU ALONE
O LORD
MAKE ME DWELL
IN SAFETY



I WILL
LIE DOWN AND
SLEEP IN PEACE
FOR YOU ALONE
O LORD
MAKE ME DWELL
IN SAFETY

LOCKDOWN BLANKET



Materials

Size 8 (4mm) knitting needles

Size 8 (4mm) circular needle

Oddments of double knitting yarn. (You need approximately 10 yards of yarn for the smallest strip, and about 30 yards for the largest one)

Yarn for borders

Important notes

Please make sure you ease on and cast off loosely – you will be picking up stitches from these rows. ALWAYS cast off on the right side of your work.

Instructions

Centre square – cast on 20 stitches.

Knit in garter stitch (every row knit) for 39 rows – you should have 20 ridges on the front of your work.

Cast off LOOSELY, leaving the last stitch on the needle.

1st strip – turn your work a quarter turn clockwise – what was the left hand side of the square should now be at the top. With a new colour, and keeping the last stitch

from the centre block on the needle, pick up 20 stitches between the ridges of your work. Try and get the last stitch right in the corner. (21 sts)

Next row: knit to the last 2 stitches, knit 2 together.

Knit 18 rows (you should have 10 ridges on the right side of your work)

Cast off loosely, leaving the final stitch on the needle.

2nd strip – turn your work a quarter turn clockwise – you now have the cast on edge of the centre square at the top. With a new colour, and keeping the last stitch from the first strip on the needle, pick up 10 stitches from the side of strip 1, and 20 from the cast on edge of the centre square (31 stitches on the needle).

Next row: Knit to the last 2 stitches, knit 2 together.

Knit 18 rows (10 ridges on the front of your work)

Cast off loosely, leaving the final stitch on the needle.

3rd to 8th strips – Continue to work in this way, turning your work a quarter turn clockwise when starting each new strip.

3rd strip will be worked on 30 stitches

4th strip will be worked on 40 stitches

5th strip will be worked on 40 stitches

6th strip will be worked on 50 stitches

7th strip will be worked on 50 stitches

8th strip will be worked on 60 stitches – leave the last stitch after casting off on the needle for working the border.

Border Using your chosen yarn continue to turn your work and pick up stitches along the edges, (60 stitches, 65 stitches, 65 stitches and 70 stitches).

Next row: knit to the last 2 stitches, knit 2 together. Knit 8 rows (5 ridges on the front of your work), cast off loosely, leaving the final stitch on the needle.

Making up Sew all your squares together (6 will make a lap rug)

Outside border – worked one side at a time Using your circular needle, and the same technique of picking up stitches, then knitting 2 together at the end of the first row, knit a further 8 rows, and cast off loosely, leaving the last stitch on the needle to start the next side.

Jesus Calms the Storm

D	K	V	X	Q	E	E	G	I	V	S	C	G	L	C
T	Q	S	M	P	B	Y	T	V	L	W	P	I	L	T
X	X	R	M	E	T	P	T	X	L	W	W	F	M	F
J	S	Z	U	L	Z	F	I	E	I	V	D	D	W	P
S	A	C	R	J	A	E	Q	H	T	I	Q	U	O	E
D	I	T	E	L	Q	C	A	E	S	E	U	X	J	X
K	N	V	T	U	A	A	P	C	T	L	L	Z	S	P
H	D	I	A	F	V	E	I	G	O	V	E	V	H	M
T	T	H	W	R	E	P	A	B	R	F	T	E	E	T
F	U	I	J	A	L	R	E	E	M	S	T	B	P	F
R	W	Y	A	E	V	Y	Z	U	B	L	Q	U	D	H
E	X	C	S	F	S	E	P	C	W	Z	X	R	Q	J
V	U	N	D	E	X	U	S	K	N	J	N	X	H	E
O	E	Q	U	F	N	P	S	F	B	O	T	T	G	K
W	U	I	K	W	R	D	N	L	K	L	R	X	X	K
CALM			DISCIPLES			FAITH			FEARFUL			JESUS		
OBEY			PEACE			SEA			SHIP			SLEEP		
STILL			STORM			WATER			WAVES			WIND		

A BEDTIME SNACK



JAN'S SPICY NUTS

For when you feel peckish - snack food for anytime - fine before bed

Prepare in advance

250 g mixed nuts - walnuts, pecans, cashews

1 tbsp olive oil

1 tsp paprika

1 tsp dried thyme - or sprig or two of fresh

1 tsp sea salt

1 tsp dried oregano

1 tsp chili powder

Heat oven 160° C

Mix spices together - mix with olive oil and nuts.

Spread single layer on baking tray - roast 25- 30 mins.

Leave to cool

If you would prefer it to be less spicy, leave out the chilli and perhaps the paprika

Enjoy!

Give it a try

With our best wishes



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