



The Covid Times

Edition 3

Greetings to you all and welcome to the third edition of *The Covid News*. I trust that you are all keeping well, isolating, becoming more hirsute, clapping every Thursday and eagerly awaiting the Sainsbury van delivering those much-needed provisions – of course there are other supermarkets.....

By Colin Woodcock

And so we have settled into the strange and unreal routine which I mentioned in Edition 2. Six weeks have passed since lockdown was announced and since we acquiesced in the most amazing social experiment – ever. Can you imagine if seven weeks ago, someone said to you – no more restaurants, cinemas, theatres, pubs, no school, no work (unless you do it at home!!!) – nothing.

Walk once a day, do not go near anyone, nearly every shop and business is shut... And all this is worldwide. Absolutely amazing really. It just shows how much we can pull together when it is necessary, how government and society can work together properly, and how the NHS - which has been thrust into the centre of this war as the most unlikely of frontline troops - has served brilliantly.

Just me ruminating over the last six weeks and thinking of how we shall emerge the other end; it will not be soon and it will most definitely be different, but when it does happen I am sure that our Masonic society will rise to the occasion and join together to make sure that we do not lose anything of our wonderful Order and the deep friendships we have between us.

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Virtual Get-together

Why not join the District Grand Prefect and other members of the District at a virtual get-together - every Saturday at 8pm. Please let [Scott Cargill](#) know if you would like to participate so that he can send you an invitation (the link to Zoom changes on a weekly basis).

So enough of that, too much thinking is not good for you. We had our weekly Zoom video meeting last Saturday - it is so nice to see the regulars but also good to see new members join us. We had some dial in from Mexico, Europe, Sussex, Suffolk and even Streatham. Yes, London AMD is a truly international and eclectic bunch of people. Please join us next Saturday at 8pm, bring your own glass of wine and see your old friends.

Has anyone else been attempting a jigsaw? I found some that had 8 or 12 pieces; they were not too taxing but got me into the swing of them again. Some searching in long-lost attic space found a 2000 piece with lots of sky and sea so it is proving a challenge – I will say here and now, if I get to the end and find a single piece missing, I shall not be amused as someone once said.

(continues below)

Mental Health

The NHS has published some excellent advice on maintaining your mental well-being during lockdown, which can be found [here](#).

Physical Health

Physical exercise is also very important at this time of lockdown. Apart from our 1 official period of outdoor exercise per day, here are some useful videos for indoor exercise - [strenuous](#) or [not so strenuous](#).

Lockdown Recipes - Courgette Lemon Drizzle Cake

Bear with us on this! We're reliably informed that using courgettes makes a particularly moist cake, so [here's a recipe to try](#). Let us know what you think of it! And, of course, if you have any suggestions for other recipes please get in touch (contact details at the end of the newsletter).

GOOD DEED FEED

Many people are helping their local community or fellow Masons. If you are one of those superstars, why not click on the button above to let us know what you are doing and we can then share the stories with the District.

Jake Mossom of Metropolitan A Council writes:

‘General Practice’

As medical professionals across the UK tackle unprecedented times, medical students have also been called to action. My year off, supposed to be spent relaxing, indulging in fine dining, an excess of wine and of course an excess of Masonry has come to a grinding halt! As of this week I have once again been let loose on the public, volunteering in a GP surgery in the City.

All medical students in clinical years are exposed to GP work on a regular basis, and GPs are currently carrying on their vital role as guardians of the NHS. That role is all the more important now with so many vulnerable patients in isolation, and general A&E attendances down significantly on previous years.

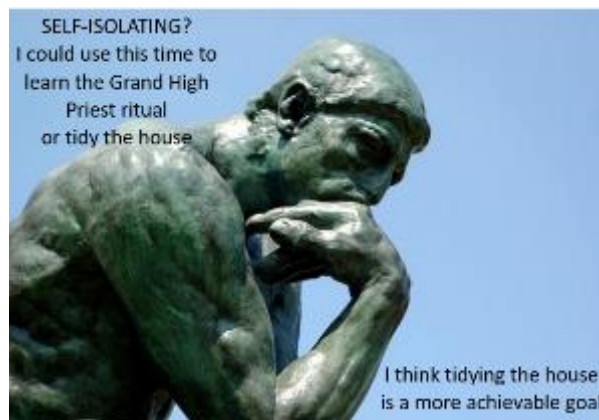
The strange thing is that despite this, we have very few patients to see! An unfortunate result of the current pandemic is a general fear of leaving the house and seeking medical help. Currently that leaves me doing an excess of admin and chasing patients over the phone, rather than doing what we are used to and seeing patients who need attention. So, brethren, if you are unwell, don't be frightened to come forward and seek help! If nothing else, you might be giving a volunteer a job to do...

So another week looms, more chance of seeing the birds looking after nests, the squirrel coming in and stealing peanuts (cute though) and next door's cat still chancing his paws by encroaching on chez Woodcock – he will not learn – but he will!!!!

Best wishes to you all, come along to the Saturday meeting and stay safe.

Daily Advancement in Masonic Knowledge

The [third podcast](#), from Neil Thomas Allen, is all about the Masonic and Military Order of the Red Cross of Constantine and the Orders of the Holy Sepulchre and of St John the Evangelist, and features an interview with Illustrious Knight Adrian Jarvis, Divisional Marshal for the Division of East Anglia.



Although we are not holding any Council meetings, the District photo competition is still very much running. Why not send us pictures of how you are spending your time in self-isolation? Contact details can be found below.



There's no need to be bored during the period of lockdown, especially with this list of activities on offer...

- Why not try an [AMD crossword](#), courtesy of Steve Roberts? The answers will appear in the next edition of *The Covid Times*.
- Sing along to some of Andrew Lloyd Webber's biggest West End musicals with [The Shows Must Go On](#), including *Cats* and *Phantom of the Opera*. Every Friday at 7pm
- The likes of Jo Brand, Russell Kane and Professor Brian Cox are putting on live podcasts and comedy during [The Stay at Home Festival](#) – the shows are free but tips are welcome! Various dates
- Discover the riches of the [British Library](#) – locate old maps, view virtual books and turn the pages, take a virtual highlights tour
- The [National Theatre](#) is streaming some of its NT Live productions on Thursday evenings on You Tube, including *Jane Eyre*, *Twelfth Night* and *Treasure Island*
- The [London Symphony Orchestra](#) will be streaming full length concerts on Thursday evenings – click on “Always playing”
- Scrabble online - click [here](#).

- For the last edition of *The Covid Times*, Steve Roberts had sent in a list of Masonic anagrams - how well did you do? The answers are below:

- 1) We must flash or rip (Worshipful Master)
- 2) Loon smoking (King Solomon)
- 3) Mask roman stream (Mark Master Mason)
- 4) We dare nor sin (Senior Warden)
- 5) Force into some red rice (Director of Ceremonies)
- 6) Entice pad repent (Entered Apprentice)
- 7) Him fab fair (Hiram Abiff)
- 8) Rude ninja row (Junior Warden)
- 9) Fact few roll (Fellowcraft)
- 10) Did some real ice angles (Allied Masonic Degrees)



***The Covid Times* is brought to you by Richard Criddle and Steve Roberts, and edited by Scott Cargill. All feedback and contributions are welcome and can be emailed to richard-criddle@rocketmail.com.**