



The Covid Times

Edition 2

Greetings to you all and welcome to the second edition of *The Covid News*. The editorial team has been busy sourcing new material and other items, which may amuse, interest, amaze or even mystify – read on.....

By Colin Woodcock

I hope you enjoyed our first edition; it was interesting for us to see which parts of *The Covid Times* attracted most interest. Top of the list were the links to recipes and fitness activities and - of course - the podcast on Masonic subjects. I would be really interested if any readers actually tried any of the food offerings or even took part in the exercise regime – please let me know if you did and what was the result. Hopefully not food poisoning or strained backs!!

So, here we are at the end of the fourth week of lockdown with the

prospect of a couple more and then some sort of decision (hopefully) as to what our pathway to normality will look like. I expect the government to try to get manufacturing back into production, the schools will return and some other shops and businesses will be allowed to open. I do hope they let B&Q open as I really need some paint! I expect that those who they class as elderly (I'm not too happy with the line drawn at 70 – what do you think??), those with underlying problems and those who are suffering from existing illnesses will be required to stay in isolation. This could affect quite a number of our AMD brethren so we must keep an eye on this as we move through the summer. At the moment we are all in it together but we must look after each other when some are free to wander and others are left indoors looking out of the window.

(continues below)



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).

Talking of being left indoors, my next door neighbour told us that their cat was missing; it was a kitten and they had only had him for a few weeks. Now I am a very keen birdwatcher and I leave out quite a bit of food for our feathered friends; I (or rather the food) attracts quite a variety of different types so my initial thoughts on the moggy were not really in his favour. I sat and mulled over whether he had been locked, inadvertently of course!, in my garden shed and I mentioned it to my wife who thought that I had done away with the pesky thing. Moi... I denied any such thought but she made me open the shed to check anyway!! Thank goodness he was not there (imagine if he had been!!!!!!). He turned up the next day, apparently. How nice.....

(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 - Bread Pudding

If you have any bread left over why not "recycle" it into a tasty bread pudding, following [this recipe](#) from Steve Roberts of Metropolitan A Council.

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.

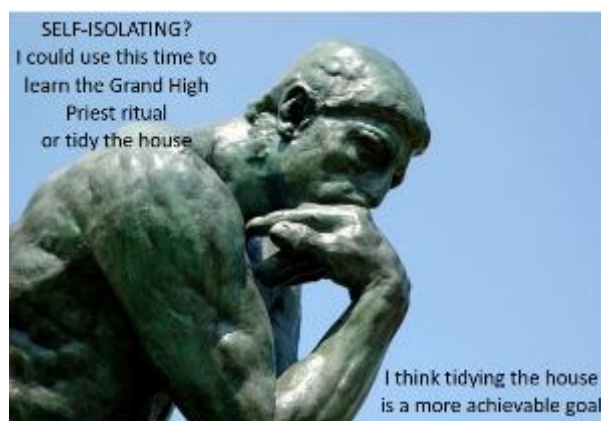
If the last four weeks have taught me anything, it is the value of a routine. I seem to have got into one and it has made life quite tolerable; I'm working from home so that keeps me busy all day, with dinner at the same time and then read and relax in the evening – I can probably last another two or three weeks but then it might wear off. I would love to hear of any particular routines you have worked out. Has life changed much – if so, how? Have you any good advice for those finding it still a problem?
Best wishes all and keep safe.

Daily Advancement in Masonic Knowledge

The [second podcast](#), from Neil Thomas Allen of Londinium Council, [features](#) a really interesting interview with M.W. Bro.

Christine Chapman, the Grand Master of the Honourable Fraternity of Ancient Freemasons.

And Graham Francis, of The Council of Four Kings, has written [a brief paper](#) explaining the differences between the ritual of The Knights of Constantinople practiced during the Victorian times and earlier, and the ritual we know and love today.



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...

- 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](#).
 - Masonic anagrams - can you put make each of the following into a Masonic word or phrase (with thanks to Steve Roberts)?
 - 1) We must flash or rip
 - 2) Loon smoking
 - 3) Mask roman stream
 - 4) We dare nor sin
 - 5) Force into some red rice
 - 6) Entice pad repent
 - 7) Him fab fair
 - 8) Rude ninja row
 - 9) Fact few roll
 - 10) Did some real ice angles
- The answers will appear in the next edition of *The Covid Times*.
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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.



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AMD London
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