

HBC LADIES' NEWS

Welcome | Heroes of the Faith | Lockdown Memories

Welcome

Welcome to the February's edition of the **HBC Ladies' News**.

Many thanks to Carol for another interesting person from the Heroes of the Faith blog from canonjohn.com



Also thanks to Julie for her comments:

- I know that we have keen gardeners and bakers amongst us and I would be very happy to receive recipes and gardening tips especially as we are heading for Spring. (Ed. If you enjoy gardening or baking, please see below)
- If there are any books, passages from the bible, poetry or anything that anyone has found reassuring during this challenging time, I would welcome reading about those.

Situations Vacant

Gardening Correspondent

Could you provide a gardening idea each month for others to follow? If so, contact the Editor.

Baking Correspondent

Have you been baking cakes and biscuits during the Lockdown? Could you provide some simple recipes? If so, contact the Editor.

Heroes of the Faith - Elizabeth Fry

Part 1

The story of how a middle-class lady was able to reform the appalling conditions under which prisoners were treated in Britain and in many other countries, is a classic example of the way God can use unlikely people to extraordinary effect.



Elizabeth Fry was born Elizabeth Gurney in 1780 to a Norwich Quaker family whose Christian faith and traditions were to shape her life. Quakers preferred to dress in a style of plain clothing that made them instantly recognisable. They rejected violence in any form and believed everybody was equal before God and tried to ignore social rank. Unusually for that time, they believed that there should be equality between the sexes so that women often took leadership roles.

At the age of seventeen Elizabeth had a conversion experience and, ever after, was a woman who was committed to public and private prayer, to Bible reading and preaching, and to doing good to others.

Elizabeth was an anxious child who often suffered from ill health, a trait that persisted through her life. At the age of twenty she married Joseph Fry, with whom she was to have eleven children. Largely because of her husband's support, Elizabeth's childbearing did not get in the way of her social work.

In 1813 Elizabeth visited the women's section of London's notorious Newgate Prison and was horrified. The section - built for 60 but now containing 300 - was crowded with women and children who wore rags, slept on straw and suffered every kind of abuse. Quietly outraged, Elizabeth returned the next day with food and clothing, but crises in the family delayed her full involvement in prison work until 1816. Helped by others, she began regular visiting, bringing in food, clothes and books. She created a prison school and began schemes in which inmates could do work and learn skills. She read the Bible to the women

PTO

Heroes of the Faith - Elizabeth Fry (cont.)

Lockdown Memories

'So,' asked the very young radiographer as I waited in my state of partial undress by the mammogram squashy thingamy machine, 'what have you been doing in lockdown?'

'I started to learn sign language, baking, a lot of eating, a bit of decorating'" I replied.

'Yes, Jenny, what have you done!'

Honestly, I've struggled quite a lot with motivation and some anxiety. I discovered it's ok not to be ok and just make it through that day. On the plus side I have continued with my choir, on zoom of course, and continue to support my family and friends sometimes through lengthy phone calls or meeting for a walk.

I have also found a wide range of sermon talks online which have been of great blessing.

I continue to consider myself greatly blessed and appreciate the little glimmer of the coming season whatever that may be.

Jenny Smith

Next Month

In the March's edition:

- More lockdown memories
- Readers' letters and comments
- Part 2 of the Life of Elizabeth Fry

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and, with considerable effect, preached to them. Seeking to give inmates dignity and self-respect, she involved them in decision making.



Realising that the prison system was badly flawed, Elizabeth began to promote the idea that prisons should not simply be places of punishment but also of rehabilitation. She created a number of associations for prison reform in Britain and soon her increasingly popular ideas spread across Europe and the United States.

Gifted with intelligence, charm and a persuasive and persistent

personality, Elizabeth campaigned endlessly for change. She encouraged prisons to adopt an ethos of kindness and sympathy, to recruit female officers and to protect women by separating them from men. She wrote pamphlets and books and spoke to parliamentary committees. The press made her a public figure and she acquired the nickname 'the angel of the prisons'. Elizabeth used her growing reputation and authority to promote her cause.

Elizabeth seems to have been tireless. She was outraged by the transportation of prisoners to Australia, something which exposed women in particular to humiliation and danger. While working for its abolition, Elizabeth tried to minimise the harm of transportation, visiting over a hundred ships and thousands of prisoners. She fought against the excessive use of capital punishment, worked against homelessness and opened a training school for nurses.

Elizabeth Fry died in 1845 but her work continued and she became an inspiration for future generations.

To be continued next month

Verses to Ponder - 1 Corinthians 13:4-7

