



The Covid Times

Edition 1

In these times of plague and pestilence (ie coronavirus!), the AMD London Comms team brings you *The Covid Times*.

By Colin Woodcock

Brethren all and greetings to you. This is the first edition of *The Covid Times* - an irregular publication designed to keep us in touch with each other in our wonderful world of AMD Masonry in London. It is meant to be light-hearted (we certainly have enough of the serious stuff), informative (this will very much depend on your level of interest) and to help us get through this current period of social upheaval not seen in our lifetimes.

When I call it an 'irregular' newsletter, I do not necessarily mean that it will be seditious or hectoring rather it relates to how often it will appear on the newsstands and this will depend on how long this coronavirus problem remains with us, and how often I can dream up enough ideas to put pen to paper!

It has long been held that Confucius said 'May you live in interesting times'; it is meant as a curse and not a blessing and probably sums up very well what is happening at the moment. Someone eats a bat-burger in Wuhan and three months later the world is on lock-down - that is pretty incredible and not a little amazing.

(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).

The Chinese seem to have won that one. I think our current situation is better explained by the butterfly effect; this demonstrates that a small change can make much bigger changes happen, that one small incident can have a big impact in the future. The irony is that it's usually used in chaos theory!!! However, I think I will stick with that one and anyway Confucius did not say the above famous saying; we do not know exactly where the phrase came from but it definitely originated in the 1930's – so nothing is ever as it seems.

So whether it was a dodgy bat or a pesky butterfly, we are where we are. As Oliver Hardy said – 'another fine mess you have got me into...' and a fine mess it is. Apart from staying indoors as requested (difficult for Masons), keeping our distance from each other (difficult for Masons) and spending lots of time on our own (difficult for Masons) there is not much going for it for us!!

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Mental Health

The NHS has published some excellent and worthwhile 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

When we are only supposed to be leaving our home for essentials, planning our meals becomes very important. Hopefully [these recipes](#) will give you food for thought! And if you have any suggestions for excellent recipes, please do get in touch and let us know (contact details can be found at the end of the newsletter).

GOOD DEED FEED

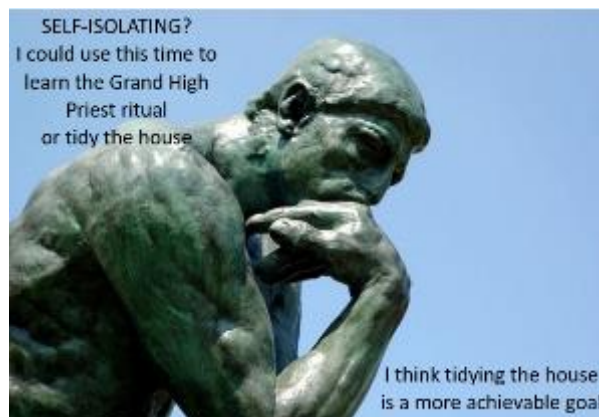
Many people are helping their local community or fellow Masons. If you are one of those superstars, why not click on the button above to let us know what you are doing and we can then share the stories with the District.

What we do have though is each other. We are at the moment in a period of enforced separation, like the Steve McQueen character in the Great Escape who is constantly in solitary confinement (he was 'The Cooler King') for his escape attempts. But we can be innovative and escape by keeping in touch with each other and have a virtual 'over the wall' and meet up with friends now and again. And, no one will ever know !! – result. (*continues below*)

Daily Advancement in Masonic Knowledge

Neil Thomas Allen of Londinium Council has recorded a number of informative podcasts, and in each edition of *The Covid Times* we'll bring you one of them to listen to as part of your daily advancement in Masonic knowledge.

The [first podcast](#) is about the possible effects of Coronavirus on Freemasonry and what we can do to keep ourselves connected.



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.

So this newsletter is a first step in that process. We shall have other methods – we can go on the website, phone, text, Twitter, Facebook, create WhatsApp groups, Skype, Zoom, even write letters (shock horror!!). Keep in touch with each other. Keep your eyes on your email and the website for news of a Zoom video-conference (it is so easy to load on to your computer and join in) – we have had a small one and it was great fun to see each other and chat about nothing in particular – excellent. Please do join us. If we talk to each other and maintain our friendships we will exit this surreal time in our history and come back together stronger than ever.

Best wishes to you all.

Colin

We are all receiving large amounts of information, so the following key links may be helpful:

[Public Health England - easy read advice](#)

[Employers & Businesses Guidance](#)

[The Grand Secretary's Guidance for Secretaries & Scribes](#)

Masonic Moratory

To help you while away a few minutes and keep those grey cells ticking over, why not try our [Masonic wordsearch](#)?

You could also play Scrabble online - [this is a good one](#) as you don't need to sign up.

Pressing QuickPlay will pit you against the site's computer!



The NHS is looking for volunteers to assist during this time. There is a variety of ways you can help so, if you are able to support, click on the image above to find out more.



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.

