

# *We all have to live with resilient spirits*



## *Out and about ... chaplaincy in the community*

**Rev Canon Alan is keeping resilient and enjoying many moments of hope! "So much is happening that gives me joy and glimpses of optimism and hope." From fantastic shows; our own Lincolnshire Show, the Norfolk Show, to more local Newark, Spilsby and Heckington Shows, to other events such as baptisms, weddings and looking to the future of various Methodist Churches. We all have to live with resilient spirits."**



Resilience: "is the ability to become strong, healthy or successful again after something bad happens. The ability of something to return to its original shape after it has been pulled, stretched, bent, etc. An ability to recover from or adjust easily to misfortune or change." Oxford Dictionary.

What's the opposite of resilience? Brittleness? Many of us feel on the edge at the moment. When we're uncomfortable, anxious, and fearful, we can freeze. I have found in this past month or two so many things to lift my spirit, in the midst of tragic losses in our farming community.



*Above: At the Lincolnshire Show with the Rt Hon Kimi Badenoch*

*Left: The launch of the Norfolk Rural Chaplaincy at the Norfolk Show*

*Below: At the Norfolk Show with Show President, Paul Hovesson*

*Bottom: Baptism ceremony on the farm*



I have met extraordinary people, ordinary folk pressing on through dry weather events and incredibly fortunate folk working at the highest levels to ensure military defence, food defence, health defence, water defence, community defence and resilience.

***"I am constantly inspired by  
the best of people and the best  
aspirations of people!"***

**Rev Canon Alan J Robson**  
MSC FRAGs FRSA



## Calling all 'Farmers and Friends'

**Do you enjoy singing but never had the courage to 'audition' for a choir? This group is for you – no audition required – just good fun singing folk songs with harmonies.**

Why not come and join us on the first Thursday of the month at Lincoln Bailgate Methodist Church? Coming together to sing is good for our physical and mental health, reducing isolation and creating feelings of belonging. There are many successful choirs celebrating different industries such as Fisherman's Friends and Military Wives. Help us make 'Farmers and Friends' the next success story.

Dates for the singing group, all sessions are 6.30pm till 8.00pm.

**7 August, 4 September, 2 October, 6 November, 4 December and 11 December.**

## LRAC Fundraising Update



### Festival of Chaplaincy

Thank you to all the team involved in the Festival of Chaplaincy Dinner for their hard work and all our guests and supporters who enabled the dinner to raise a massive £54k. Shared between LRAC, the GP Healthcare Chaplaincy and Lincoln Cathedral with each Charity benefiting from an £18,000 donation.



### NFU donations

Thank you to the NFU for their donation of £4,404.00 from the Christmas 2024 ball celebrating 120 years of the NFU, and also to the NFU Mutual for a very generous donation from their national charitable giving fund to frontline services in our community.

**The fundraising total now stands at £291,790.00 Thank you!**



### Songs of Praise celebrates

### Chaplaincy work in Lincolnshire

Rev Canon Alan Robson had an enjoyable morning showing Rev Canon Kate Bottley from Songs of Praise 'Chaplaincy in Action' in Lincolnshire. They visited the Lincoln Red herd belonging to Jack Seigneury and Abi Saunders at Great Carlton, and then on to Louth Livestock Market to meet the nurses in the LRSN Health Hut. The episode will air at the beginning of September. Keep an eye on our socials at the end of August for the exact date the episode airs.

### New part time chaplain

Job description drawn up, recruitment pack created... we are at last moving towards an appointment of a new part-time rural chaplaincy post to help continue the great work in the county.

**If you know of anyone with the skills of a chaplain and a passion for our rural community, please get them to get in touch.**

### Dates for your Diary

**Sunday 19th October**  
**County Harvest Festival**  
Lincoln Cathedral

Please note change of date if you have already added this to your diary

**Sunday 21st December**  
**Lincolnshire Farmers' Carol Service**  
Bailgate Methodist Church

Unfortunately, there are a number of factors that mean we are ineligible to apply for funding from most of the large funding charities, so we are dependent on donations from private individuals and groups.

If you are a business and have a charity of the year, please consider LRAC when making your decision or if you would like to organise a fundraising event then please let us know and we can help promote it on our social media channels.

Also, if you are thinking of writing or changing your will and could leave a legacy to LRAC no matter what the size, please get in touch and we can send you some information about how to do this.

**Go to our website to find out more**  
**[www.lrac.org.uk/donate](http://www.lrac.org.uk/donate)**

