

St Clements Church and Corona Virus

"Continuing Together in Faith and Love"

Hi Everyone,

As we are currently unable to meet in our normal church services or small groups, I want to encourage each one of us to continue to worship, pray and serve one another. We may be stuck at home, but we all have faith, a phone and a place in God's family.

For those who are regular church members (and for everyone else too!), this is a time to remember that the Church is a community of people, not a building.

I hope you will find this leaflet and the accompanying prayers and resources helpful. Using the information provided and the suggestions that come with it we can all play our part in keeping the St Clements family connected and active in showing God's love to one another and our friends and neighbours.

Being at home doesn't make us faithless, helpless or friendless! Trust in God. Love one another. Pray for our World and our neighbourhood. Reach out through loving words and acts of kindness. Let the light of Christ shine in our hearts as we follow him through this time of uncertainty together.

Much love,



(Rev Stuart Carter – Vicar of St Clements, Castle Bromwich)

If you have a smartphone or computer, do have a regular look at St Clements Website (www.stclementschurchcb.com) and Facebook.

You will be able to see news updates, messages and even videos coming up. **Some reflections and acts of worship from St Clements will also be available online in due course.**

Other opportunities for worship

BBC Local Radio stations will be broadcasting a **Sunday service** with Most Reverend Justin Welby, Archbishop of Canterbury at **8:00am each Sunday**.

Birmingham Cathedral will be streaming Sunday services online.

Also, our Lay Reader Anne has recommended **daily services**, live-streamed from St Ebbes, Oxford (8.45am Mon -Fri) Go to: stebbes.org/livestream

St Clements will be open for individual prayer and reflection

Opening hours will be from 10.00am to 12.00noon Sun & Tues-Friday.
(Please wash/sanitise hands on entry and exit and keep at least 2 metres from any others using the church. Numbers may be restricted if necessary)

Offering Practical Support

It is important that we look after one another, especially the elderly and vulnerable.

Do keep in touch by phone, text or email. If possible, **video calling** can offer a fuller experience of human interaction. Phone apps such as WhatsApp, Facetime, Skype, etc, enable people to see as well as hear one another.

When offering practical support with shopping or post or urgent provisions, follow Government advice on hygiene and social distancing. Communicate by phone or text. Pick up or deliver items by placing them in the porch or by the door. Maintain a distance of at least 2 metres between yourself and the person you are assisting.

If you need pastoral or practical support, phone the Church

Dial 0121 748 5550. Once connected press:

- **2** to speak to the Vicar, Rev Stuart Carter;
- **3** to speak to our Mission Apprentice, Ricki;
- **4** to speak to a Church Warden; Annette or Gail.

(Please leave a message if no one answers and one of us will call back.)

You can also ring our Prayer Team Leader Colin on 0121 747 6860.

Or text our **Prayer Hotline** on **07756632148**

We will do our best to respond where we are able, or to seek alternative provision where possible.

Loving God and Loving our Neighbour in the context of the Covid 19 Pandemic

4 Golden Rules for loving our neighbours...

(from St Alban's CofE Diocese)

1. Each one of us can think about how we can protect and support our neighbours.

So much of the public rhetoric is sowing fear about the danger of other people. So, taking all the official precautions, offer help and reassurance to others – and don't demonise anyone or any group.

2. Think about who may be suffering more than me.

For those of us who are healthy there is much less to worry about. But the elderly, the housebound and those with chronic health conditions may be very anxious.

Think about who you can put in a daily phone call to, especially those who are particularly vulnerable. There's nothing like a friendly voice to offer solace when someone is worried. A smile can bring cheer, even on the phone.

If you visit, follow all the official precautions or don't go.

3. Don't give into panic and start hoarding food.

There is plenty to go around, so practise the Christian discipline of sharing. Ask your neighbours what they need and do your best to help them get it. If you are self-isolating you will of course need some supplies.

4. Live today to the full.

None of us ever know what the future holds. In the Sermon on the Mount (Matthew 6. 25 – 34), Jesus challenged his followers to live each day fully and not be afraid. Every time we are tempted to give in to fear we need to make a conscious choice to respond in trust and openness."

AND DON'T FORGET TO PRAY!

Keep us, good Lord,
under the shadow of your mercy.
Sustain and support the anxious,
be with those who care for the sick,
and lift up all who are brought low;
that we may find comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord. Amen.

Some Final Thoughts About Keeping Well.

Guard your mind.

The Media, Internet and Papers are constantly *full* of Corona Virus news.

If you find that the news is overwhelming and causing you huge stress:

Don't avoid all news. (*we must be informed and aware of the essentials*). BUT

Try limiting your news intake (maybe to once or twice a day) if it is bothering you. **Don't listen to or indulge in wild and unhelpful speculation**

Try to keep to a balance to your day.

Try to follow a 'normal' routine of getting up, washed and dressed. As far as you are able, keep steady mealtimes and eat a balanced diet.

Keep active

If you're no good at press-ups try a stroll round the garden, some gentle exercises or a few trips up and down the stairs.

Make positive choices

Decide on one or two jobs to do.

Call a neighbour, friend or loved one (don't wait for them to call you). Decide on a time to pray.

May God's peace rest upon you. He loves you and he is near to all who call upon him. As for the rest of us...we're just a phone or text away

Rev Stuart Carter