

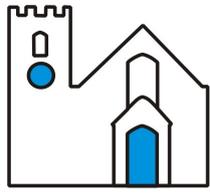
Hello again

Well we have managed a week and people seem to be getting into some kind of routine. However I know that for a number of us having to stay in and isolate ourselves from each other raises anxiety levels. As Christians we sometimes think that it is wrong to be anxious and our faith should protect us but we are all human and infection disease outbreaks are scary and affect our mental health. The diocese have sent out some suggestions on ways to help protect our mental health:

There are ways we can help ourselves and others:

- Try to avoid speculation and use reputable sources such as Gov.uk for information
- Follow the Government advice on staying safe, wash your hands for 20 seconds and use and dispose of tissues when you cough or sneeze. Follow advice on social distancing and self isolation.
- Try to stay connected and keep in touch with your friends and family by telephone, social media or email.
- Talk to your children about the situation, be as truthful as possible without causing them alarm
- Try to anticipate distress, acknowledge feelings of vulnerability and remind each other to look after our physical and mental health. Check in with people who you know are living alone.
- Try to manage how you follow the outbreak in the media, don't avoid all news but if you find that the news is causing you huge stress, find a balance between gaining information and limiting your intake
- Self-isolation or quarantine may seem like a daunting prospect so try and see it as a different period of time in your life, a different rhythm of life and a chance to be in touch with others in different ways than usual, use social media, e-mail or phone calls regularly, as they are still good ways of being close to the people who matter to you.
- Create a daily routine that prioritises looking after yourself such as reading more, watching movies, having an exercise routine, trying new relaxation techniques, or finding new knowledge on the internet. Make sure you have enough prescription medicines available to you.
- Finally it is important to look after your spiritual health as well as your physical and mental health. Find ways to pray, read the Bible, talk to other Christians by phone. Maybe you could buddy with someone as a prayer partner etc.

Watch our prayers and services on Facebook or those offered by other churches on-line or broadcast on television and radio. There are also resources available of the Church of England website for daily prayer and other spiritual support.



St Peter's^{Hartshorne}

You may find it helpful to memorise a verse or passage of scripture that you can use when you feel anxious, such as:

Psalm 121 - Assurance of God's Protection

I lift up my eyes to the hills – from where will my help come?
My help comes from the Lord, who made heaven and earth.
He will not let your foot be moved; he who keeps you will not slumber.
He who keeps Israel will neither slumber nor sleep.
The Lord is your keeper; the Lord is your shade at your right hand.
The sun shall not strike you by day, nor the moon by night.

Matthew 28 v20

Jesus said, "And remember, I am with you always, to the end of the age"

Psalm 23

The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures; he leads me beside still waters
He restores my soul
He leads me in right paths for his name's sake.
Even though I walk through the darkest valley, I fear no evil;
For you are with me; your rod and your staff - they comfort me.
You prepare a table before me in the presence of my enemies;
You anoint my head with oil; my cup overflows.
Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the Lord my whole life long

We continue to update our Facebook and Twitter feeds and Matt has set up a You Tube channel where we can upload prayers and sermons for you all to listen to (you don't get away that easily!). If you don't know where to find these follow the links below.

These emails will be sent to everyone that has given permission for me to access their e-mail address. If you know anyone who would like this email but doesn't yet receive it, please get them to send their details with an email requesting that we send them our email updates.

Finally, keep yourselves safe and well

God be with you all

Stella