



Dear friends

In these unprecedented times it is important for us to be reminded of our faith in a God who [loves us](#) and is our [strength](#). There is inevitably much worry about Coronavirus (Covid-19) and the impact it is having upon our personal lives, our local community, city, country and world. We must of course follow the advice of the Government and do all that we can to stay safe through isolation and to resist the temptation to purchase more shopping than we actually need. We recognise this is difficult when we are anxious about future supplies being available when we need them.

1. Praying Daily

It will seem odd for many of us not being in church every week for the time being, but that does not mean we have to put our worship on hold for this season in our lives. We are saying the Daily Office each day in the chapel at 8.30am and 5pm. Do consider joining us by praying at the same time from home. The following link includes: Morning Prayer, Midday Prayer, Evening Prayer and Night Prayer. Click [here](#)

We are saying Morning Prayer and Evening Prayer but not together. We will be tolling the church bell before we begin to let local people know that something is going on in the church.

2. Sundays

I (Matthew) wanted to let you know that our children have asked if they can plan a family worship service to take place at 10am on Sunday. They have been busy preparing the content and we are looking forward to them leading us in worship. The song "Mighty to Save" by Hillsong has particular relevance for us. You can listen to it [here](#) on YouTube (you may have to skip the adverts!). Remember to have your volume level turned up.

Could you and your family also plan your own act of worship? If you do, please share with us what you did as we would love to hear how people are worshipping whilst we are currently unable to be together.

3. National Day of Prayer – 22nd March 2020

The Archbishops of Canterbury and York call for a National Day of Prayer and Action in response to the coronavirus pandemic. Please take part by praying, and specifically by lighting a candle at 7pm and putting it safely on your windowsill.

4. Pew Sheet

We have prepared an alternative pew sheet which includes the appointed readings and a short address from Matthew about Mothering Sunday. These will be updated and sent out each week.

5. Weekly Eucharist

We are exploring whether we could have a small weekly Eucharist every Tuesday at 10.30am in the church. We are allowed to do this so long as the number of people attending is small and critically that the 2 metre distancing advice is observed. If you would be keen to join us one Tuesday, please let Karen know - parish@stjohnschurchstanmore.org.uk – and we will make a list and then offer invitations on a rota basis. Please be assured that robust instructions would be issued to those planning to attend in advance to ensure that no one is put at unnecessary risk.

We could also explore live streaming – if you would be interested in joining in from home, please let Karen know.

6. Lent

As we are still in the season of Lent you may like to [sign up](#) for *#LiveLent: Care for God's Creation*, which is the Church of England's Lent Campaign for 2020. With weekly themes shaped around the first Genesis account of creation, it explores the urgent need for humans to value and protect the abundance God has created. This year's #LiveLent challenge offers 40 short reflections and suggested actions to help you, your family and your church live in greater harmony with God, neighbour and nature. The reflections will be emailed to you each day.

7. Open Church

We are allowed to keep the church open each day for private prayer. Even though we may not be able to worship in the Church building as a congregation, do make use of the building for moments of prayer and devotion if you would like to. Our times are 8.30am – 5pm.

8. Ongoing Contact

As we will not be together in worship for some time, we have devised a strategy to keep in touch with you by phone. Jonny and Matthew will be phoning everyone but understandably cannot call the whole congregation each week. To ensure greater contact, we have asked Sylvia Daniels, Louise Gregory, Rosemary & John Mackenzie-Corby, Sheila Oliver, Jean Orpwood, Jane Prentice, Karen Stirrup and Frances Westcott to help by phoning to ensure we remain in contact with each other. If you would rather not receive an occasional phonecall, please let Karen know and we will take you off the list.

9. Website

Do check the website as this will be updated regularly with any news/developments,

10. Finally...

If you have a particular problem or shopping crisis, please let us know and we will endeavor to help (although we cannot magic toilet rolls out of thin air nor promise to undertake your weekly shop!). It *may* be possible for us to source some fresh fruit and vegetables subject to availability.

Matthew – 020 8954 3876

rector@stjohnschurchstanmore.org.uk

Jonny – 07557 808527

jonny.rapson@london.anglican.org

God has not given us a spirit of fear, but of power and of love and of a sound mind (2 Timothy 1:7).

Please be assured of our prayers and remember to pray for us.

With love and in faith

Matthew and Jonny

PS Also attached is some helpful information issued by the Chief Pharmacist which explains the different symptoms of Coronavirus (Covid-19), cold, flu, hay fever and asthma. Thanks to Andrea Nicholson for supplying this.