

## March 8<sup>th</sup>: Second Sunday in Lent

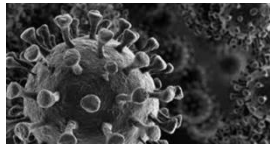
**Novel coronavirus COVID-19:** As the number of confirmed cases of coronavirus continues to rise, both around the world and in the UK, we have received briefing information this week from the [Church of England](http://www.churchofengland.org). You will see that we have put up posters with advice as to how to prevent cross infection. Please read them, and ensure that you wash your hands with soap in warm water for at least 20 seconds, both as you enter church or the hall, and leave it to return home. In St John's, where such hand-washing facilities do not yet exist, we have gel hand sanitizers available. Please do use them.

There have been one or two concerns raised about **Holy Communion**, and the use of the chalice. As regards that, we have this advice from **Public Health England**:

*'Whilst in places of worship, there is no need to avoid other worshippers who are well or to change normal faith practices – this includes taking wine from the communal chalice.'*

We are receiving regular updates from the Church of England, and if anything changes, we will change our practices in line with the advice given. We are asked to discourage people from dipping their wafers into the cup, as they may risk contaminating the cup by inadvertently touching the rim.

Other advice from **Public Health England** on precautions towards prevention of contamination includes:



- *Washing your hands often with soap and water for at least 20 seconds.*  
*Use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available.*  
*This is particularly important after taking public transport.*
- *Avoid touching your eyes, nose, and mouth with unwashed hands.*
- *If you feel unwell, stay at home; do not attend work or school.*
- *Cover your cough or sneeze with a tissue, then throw the tissue in a bin.*
- *Clean & disinfect frequently touched objects and surfaces in the home & work environment.*

As a PCC, we shall be taking further advice about how to respond as churches, should the epidemic worsen.

The main thing, though, is for us *not* to panic, and to remember that God is good, sovereign, and our provider and protector. *'Those who dwell in the shelter of the Most High will rest in the shadow of the Almighty.'* (Psalm 91v1)

**Coming up: FIRST AID COURSE** Saturday 21<sup>st</sup> March, 10am – 4.30pm. **Marie** is generously offering to run a day's First Aid training for any church volunteers not yet qualified. Please consider attending and speak to her directly.

**Vicar: Revd Andrew Cromarty**

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**Men's Breakfast:** *This Saturday, 15<sup>th</sup> March, 8.30am*, followed by a working party in the grounds of St Cuthbert's. Contact [Rev Andrew](mailto:Rev Andrew) if you plan to attend, for catering..

**Lent:** It was great to kick off our 6-week **Lent Series** on Monday evening, focussing on God's wonderful Creation, and our role in protecting it. Ten of us watched two video clips, spent some time looking at some short bible passages which spoke of God character and the effect of his 'light' and truth in our lives, sang a worship song and prayed. One of the videos featured **Dr Ruth Valerio** talking about her book, *'Saying Yes to Life'*, and exploring the backdrop of the Jewish Creation stories. The second featured **Christiana Figueres** from **Costa Rica** who, for six years, was **Executive Secretary of the UN Framework Convention on Climate Change (UNFCCC)** and oversaw the **2015 Paris Agreement**. The latter clip was really powerful, and laid out clearly how desperate the whole climate emergency is, and the need for all of us to be taking action immediately, in order to have any chance of halving our Carbon footprint by 2030 – which is what we need to do to keep global temperature rises to within 1.5 deg C. If we go beyond that figure, we are courting global catastrophe on a huge scale. There was some encouraging feedback from those attending. We all have a shared responsibility towards preserving this beautiful world which God has blessed us with. It's vital to know how we can play our part in doing that. *So why not come along, and join us? We meet again tomorrow evening, Monday, from 7-9pm in the hall.*

There were 16 of us (including two children) at the first of our simple **Lent Lunches** on Wednesday at 11.45am, following the **Drop-in**. We were very grateful to **Anthea** for providing delicious soup, bread and fruit for us. These will continue weekly till Wednesday April 1<sup>st</sup>. We focussed our reflections on the **#Live Lent** booklets. *Do join us* for this week's lunch! **Sheila**, from **King's Church**, is kindly catering.

### This week in the Parish:

**Mon:** 7-9pm **Lent Course Session 2** in St Cuthbert's Hall

**Tues:** 10-12pm **Veterans' & Community Art Group**, the hall 6-7pm **Warden's Hour**, meeting room

**Wed:** 9-11.30am **Drop-in** St Cuthbert's Community Hall 11.45am **Lent Lunch & Reflection** also in the hall 7pm **Cockpit Crew** Meeting room

**Sat:** 8.30am **Men's Breakfast** St Cuthbert's Hall, followed by working party in the grounds of St Cuthbert's

**Prayers For those seeking comfort & healing:** **Brendan, Lisa, Glen, Stuart, Lee, Eve, Graham, Gracie, Derek, Tricia, Ann, Michael, Jenny & Pauline.**

We pray for the families & friends of those who have died: **Christopher Lucas & Simon Williams** .

### Next Sunday: Third Sunday in Lent

**St John's – 9.30am Service of the Word & Banns**

**St Cuthbert's – 11am Holy Communion & KFC**