

THE PARISH OF TIDENHAM (& St Briavels and Hewelsfield & Brockweir)

WEEKLY PARISH BRIEFING SUNDAY 26 APRIL 2020

Looking after our Mental Health

Whilst for some this lockdown continues to be a blissful time of quiet and stillness, no work or travel, country walks and gardening, for a good number of people this time is causing, or exacerbating, distress, anxiety and depression. The alarming news stories and gravity of the national and indeed global situation, economic/job uncertainty and the likelihood that this crisis isn't going to go away overnight is not great for mental health. Being stuck at home can leave people climbing the walls, whilst those unable to go and see family and friends are really feeling the lockdown. The lack of social and physical contact is painful!

The Christian faith embraces the whole of life and the whole person... body, mind, spirit and relationship. Issues of mental health are not divorced from faith, life and wellbeing. The Church of England website offers guidance for safeguarding mental health at this time. Below are some points I've drawn out. If you would like to read the full piece go onto the Church of England website and at the bottom of the page you'll see a PDF link.

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-churches#na>

- Try to avoid speculation and look up reputable sources of news
- Don't avoid all news and do inform and educate yourself of what's happening, but ***limit your news*** intake especially if it is bothering you or others in your household. Don't unnecessarily fuel fear!
- Try to stay connected with others. Make a phone call or send an email if you're low.
- At times of stress, we work better in company and with support. Try and be kind to self and those close to you... be aware that patience may at times be lacking.
- Find a new rhythm and routine. Focus on the things you can do if you feel able to: stress management, keep active, eat a balanced diet.
- You could try reading more or watching movies, having an exercise routine, trying new relaxation techniques, or finding new knowledge on the internet. Try and rest and view this as a new if unusual experience, that might have its benefits.
- Avoid increasing habits that may not be helpful in the long term, like smoking and drinking.
- Minimise the negative impact this time has on our children and explain the facts to them. Discuss the news with them but try and avoid over-exposure to coverage of the virus.
- Don't judge people and avoid jumping to conclusions about who is responsible for the spread of the disease. The Coronavirus can affect anyone.
- **Look after your spiritual health** as well as your physical and mental health. Find ways to pray, read the Bible and talk to other Christians maybe by phone.

God is with us on our journey. The wonderful Gospel reading in Luke for Sunday 26 April makes this very point. Jesus is journeying on the Emmaus road with 2 individuals who are really down in the dumps and lacking hope. Jesus walks and converses with them, but he is initially unrecognised. The Lord walks with each of us on our journey, perhaps unseen and unrecognised, but nevertheless with us... with you.

May you know the presence of the risen Christ on life's journey and may he touch your heart, mind, spirit and relationship needs with his love and peace.

God bless

Revd David Treharne

Vicar of Tidenham with Beachley and Lancaut and Priest in Charge of St Briavels with Hewelsfield & Brockweir.

PRAYERS AND BIBLE READINGS for the 3rd SUNDAY of EASTER

The Collect for this Sunday the 3rd Sunday of Easter is:

Risen Christ, you filled your disciples with boldness and fresh hope: strengthen us to proclaim your risen life and fill us with your peace, to the glory of God the Father.

On Sunday 26th April, Revd Janice will give a recorded message with readings and prayers from 10.30am on the parish church YouTube channel. There will also be a downloadable document on the website (follow the 'News' tab) to craft your own service, giving ideas for prayers and links for songs to frame the message.

You are invited to join Janice and others for a chat over a drink and biscuit (provided by yourselves of course!) after the service at 11.30am via zoom. Follow this link to join in <https://us04web.zoom.us/j/71268582939> or use meeting ID: 712 6858 2939

If you want to listen too the readings for this coming Sunday, they are: **Acts 2:14a & 36-41 Luke 24:13-35**

PRAYER REQUESTS FROM THE CHURCH AND COMMUNITY

Thank you for sending in your prayer requests. Please feel free to email tidenhamprayers@btinternet.com, please make it known whether your prayer request is PRIVATE or okay to send out to the public.

Tidenham Parish Prayers for Sunday 26th April

Thanksgiving

Thank you Lord that my friend who contracted coronavirus whilst in Chepstow hospital has completely recovered from this and is hoping to be allowed home this coming week. Sandra Hunt

Praise God for the continued community support.

For all the 'unseen' workers who serve their communities, especially those who collect our household waste and recycling.

That Jesus rose from the dead and offers life in all its fullness to all those who choose to follow Him.

For the beauty of creation all around us, for the signs of spring. Thank you that creation reveals God's glory.

For the lowering in pollution as there is less traffic/air travel.

Thank you that we have Jesus in our lives and that He is always with us.

For the technology that enables us to be connected: telephones, texts, online communication etc.

Intercession

Pray for Martina as Seth is slowly recovering from C-virus.

David Rees' mum Betty passed away, we pray for David and his family

Please continue to pray for Wendy Moppett's cousin, Pat, who has cancer.

For all who are unwell at this time, and their families, that God would be alongside them in their time of need.

For those who are dying, and their families, that they would know God's presence and comfort.

For families who are mourning, especially as funerals are happening in a different way. For them to be aware of God's comfort and support.

For all who are nursing or caring for others, in hospital or at home, that God would strengthen them, especially for the staff at Chepstow Hospital, The Gwent and Southmead.

For all doctors, nurses and staff at local surgeries.

For ample provision of PPE (personal protective equipment) for frontline workers.

For our Parish schools, staff, pupils and parents: Offa's Mead Academy, St John's on the Hill, Tutshill C of E and Wyedean.

For children who have returned to school or home learning after the Easter break.

For Grandparents who are separated from their families, especially those who are missing grandchildren.

For all residents and staff of care homes, especially Castleford.

For all who are 'housebound' that they would be connected to others.

For our Prime Minister, government and all MPs, that they would make wise decisions in this time of national crisis. (1 Timothy 2 verse 1)

PARISH PRAYER

Where the river flows, everything will live.

Where the river of God's love flows, everything will live.

Where the river of God's forgiveness flows, everything will live.

Where the river of God's joy flows, everything will live.

Where the river of God's blessing flows, everything will live.

Where the river of God's people's prayer flows, everything will live.

Where the river flows, everything will live.

Tidenham Parish. March 2020

PARISH NEWS UPDATE

Despite not being able to gather publicly while our church buildings remain closed, our life together as a church family hasn't stopped. We now focus on what it means to be a Christian community while we cannot gather together for worship.

Lord, we are not people of fear: we are people of courage. We are not people who protect our own safety: we are people who protect our neighbours' safety. We are not people of greed: we are people of generosity. We are your people God, giving and loving, wherever we are, whatever it costs, for as long as it takes, wherever you call us. Amen

Barbara Glasson, President of the Methodist Conference

Children & Families - Jane Penny is producing worship resources suitable for families and children which will be available on Facebook. Please contact her if you would like to receive them.

The Eucharist – For as long as the lockdown lasts, we will continue to offer a live streamed communion service on the first Wednesday of the month, as is the tradition in this parish. The dates and times for these services (assuming social distancing regulations continue) for the next two months are:

- Wednesday, May 6, 12:15 PM, parish Facebook page
- Wednesday, June 3, 12:15 PM, parish Facebook page

Spring Harvest – If you didn't catch Spring Harvest online there is lots of material to nourish you. Hopefully it will be there for a little while... <https://www.youtube.com/user/SpringHarvest>

TV BBC 1 – Sunday 26 April. 10.45am – Sunday Worship with The Right Revd Rose Hudson-Wilkin, Bishop of Dover. 1.15pm – Songs of Praise

A Question – Let's ask ourselves what this very strange season in our lives is teaching us. Our Parish Life Groups may well address this question over the coming weeks. You're welcome to request to join the conversation(s) looking at life and faith!

Self-Isolating - If you find yourself in the position of having to self-isolate or know of anyone else in the church family who is, please let us know by emailing - tidenhamadmin@btinternet.com .

Volunteering - As well as supporting the Chepstow Covid 19 Helping Group, we are hoping to partner Gloucester Diocese with 'Feeding the 5000' a scheme to provide frozen home-style meals to those in need, either free or at very reasonable cost. Please email Clare - tidenhamadmin@btinternet.com if you can help with deliveries or collection of meals from Bream, or would like to help with co-ordinating the scheme and also if you know anyone who may be able to benefit from these meals.

Contact details of the COVID-19 Helping group co-ordinators in each area are on the website www.tidenhamparishcouncil.co.uk

Pastoral Care of the Church Family - We encourage YOU to keep in touch with one another and support one another through this time where possible. Who might you be able to phone this week? Remember, if anyone from the church rings you it is the CHURCH ringing you. However, if you are aware of someone who is particularly struggling please contact a member of the Team.

Stay safe online - Please don't disclose any personal or financial information, be aware of grooming, stay safe and enjoy the important online connections.

Financial Giving - Thank you to all those who have reviewed their giving and either started standing orders or made one-off donations. Standing order and gift aid forms are available to download from the website. Please contact Ewen or Clare for any assistance.

TIDENHAM PARISH ONLINE LINKS AND CONTACTS

Parish Website: This has information, documents and links to other sites. <https://www.tidenhamparishchurch.co.uk>

Facebook page – all welcome to join and post comments. <https://www.facebook.com/groups/114300818701466/>

YouTube channel: 'Tidenham Parish Online Church' with videos and resources to assist you in your devotions. <https://www.youtube.com/channel/UcKriOlVDBT9M9usfhp2722w>

Life Group meetings via Zoom – please contact relevant people if you'd like to join in

- Wednesday 10.30am. DTRevd@aol.com
- Wednesday 8pm. fiona.m.gardiner@btinternet.com
- Wednesday 8pm. janice-hamilton@outlook.com
- Thursday 1.30pm. Jane cfmtidenham@btinternet.com

Other Online local resources

Daily Prayer via Zoom with CYTUN Monday to Friday at 8.45 for 9am start <https://zoom.us/j/122778377>

Cytun Churches Together Facebook Page <https://www.facebook.com/groups/206786133181081/>

Chepstow's Virtual Café Online via Zoom Every Saturday at 2pm. Find the link on CYTUN Facebook page

Tidenham Parish Council www.tidenhamparishcouncil.co.uk has useful links and information

For the latest Church of England Covid 19 guidance which covers all kinds of issues including weddings, baptisms and funerals. <https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-churches>

There are also some really helpful resources for prayer and worship on the Church of England website. Click on this link... <https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-liturgy-and-prayer-resources>
https://www.cte.org.uk/Articles/568755/Home/Coronavirus/Coronavirus_guidance_and.aspx

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St Briavels & Hewelsfield website		www.stbandhchurches.org.uk
Prayer requests		tidenhamprayers@btinternet.com (by 12pm Wednesday for following Sunday)