



St Nick's Church Allestree

April 2020

Dear Friends,

'God is our refuge and strength, an ever-present help in trouble...' Psalm 46:1

I find myself at present avidly watching my social media news feed and using iplayer more and more to catch up with the news on Covid-19. People are bulk buying, the over 70's have been warned about self-isolation for a number of months and GP's have started triaging patients by phone. We've got pictures of major European cities in lockdown, countries closing their borders and airlines that are grounding their flights.

The Revd Dr Gillian Straine, the CEO of the Guild of Health and St Raphael writes: *"We've got a world in crisis and there is much anxiety and fear about what lies ahead. Our identity as human beings is shaped by our past, our family, our faith, our geography to mention just a few. But we are also shaped by how we imagine our future. So when trauma threatens such as a serious illness is diagnosed or we undergo the ending of a relationship and our future looks unstable, then we feel more vulnerable because our very identity becomes a little more uncertain"*.

We do not know how the Covid-19 virus is going to change everyday life and we don't know how long the threat is going to last. Is therefore understandable to feel anxious and uncertain, we are living in extra-ordinary times.

Firstly, remember that we may not be able to plan very far ahead, even into next week. So begin to 'unplan' to live in the moment, as Jesus said, 'Do not worry about tomorrow' (Matthew 6:34).

Secondly, counter fear with hope - if you feel anxiety beginning to overcome you, counter it

Ministry Team

Vicar: Rev Becky Mathew

Email: vicarallestreequarndon@hotmail.com

Tel: 01332 550224

Rest Day: Friday

Curate: Rev. Dawn Knight

Email: revdawn68@gmail.com

Contact Tel: 01332 519552

Rest Day: Friday

Children's, Youth & Families Worker: Anna Oldknow **Tel:** 07508988722

Email: stnickschildrensworker@gmail.com

Reader: Phil Moncur 01332 553967 **Reader in Training:** Sarah Tupling

Parish Safeguarding Lead: Miriam Chappell **Tel:** 01332 550782

Administrator: Joanne Peace **Email:** stnicksallestree@outlook.com

Church Office Tel: 01332 550431

Website: www.stnicksallestree.uk



with something you are grateful for, or remind yourself of a favourite word of scripture, 'For we walk by faith, not by sight' (2 Cor 5:7) and 'Let not your hearts be troubled. Trust in God' (John 14:1).

Thirdly, think of something you may be able to help others doing, who are in more need than you are. Perhaps ring an elderly neighbour or see what your local church is doing.

Christians have always sought to imitate Christ in his work to reach out to the most vulnerable and many churches already have pastoral care workers, safeguarding protocols and the ability to identify where help is most needed.

Other local charities may also need to recruit additional volunteers, Age UK and Derby Live at Home are two good examples. Let's remember that we are in this together. Let's look after ourselves and our communities, gain courage from each other, and walk together in hope and faith.

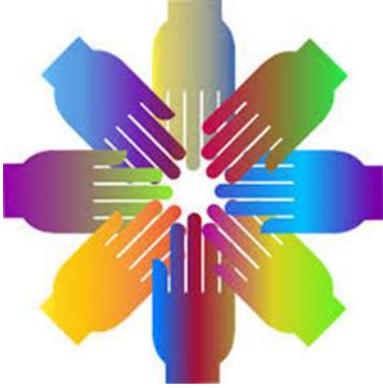
In light of the recent decision by the Archbishops to suspend all Sunday and midweek services, can we ask you to please keep an eye on our church noticeboards, social media and church website for news of when the churches will be open for personal prayer. We are hoping to keep in touch by using social media, the church webpages and of course telephone conversation.

If you are self-isolating, please let us know so we can keep in touch with you. You may like to take away a special order of service for use on a Sunday morning – paper copies are in church or you can find a copy on the church's website for downloading.

Yours in faith,

Vicar Becky





Hello. If you are self-isolating due to Covid-19 we can help. We are your local parish Church, St Nicholas, and here for you if you need a listening ear or any practical help. We can assist with:

- A friendly phone call
- Posting mail
- Urgent supplies

Just contact the office on (01332) 550431 or stnicksallestree@outlook.com (Wednesday and Friday between 09.30 and 14.30) or Rev'd Becky on 550224 / vicarallestreequarndon@hotmail.com or Rev'd Dawn Knight on (01332) 519552 / revdawn68@gmail.com (Please note if you contact us we will need to temporary store your data under GDPR for the purpose of helping you in this situation only).

Corona Virus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

Whilst our Church services have ceased at the current time, if you are not self-isolating, the church is open at the following times for private prayer when someone from the Church will be available.

Morning Prayer at 9am on Monday & Tuesday. The church will then remain open until 11am on these days.

Wednesday 2-3pm & 7-8pm for private prayer.

Sunday 11-12. The Church will also be open whilst clergy say evening prayer from 4-5pm



THERE ARE A RANGE OF CHRISTIAN PRAYER RESOURCES ON LINE:

- **#LiveLent: Care for God's Creation** - 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 daily audio content is available via the app and daily emails Sign up for free.
- **Time to Pray app** - everything you need for Prayer During the Day, with variations according to the day of the week and the season of the Church's year. Download for free.
- **The BBC's Daily Service and Sunday Worship** - radio programmes will be using some of the themes from **#LiveLent**.
- **Prayer for the day** - each day the Church of England publishes audio and text of the Prayer for the Day.
- **Derby Cathedral** is live-streaming Morning Prayer each day on their Facebook page.

CURRENTLY BEING DEVELOPED!!

- **AChurchNearYou.com** will be signposting those churches that are live streaming services & events.
- **Mental health reflections** – [daily reflections to help people](#), especially at a time when they are feeling lonely, isolated or anxious.

PRAYERS FOR USE DURING THIS TIME:

Keep us, good Lord, under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.

Amen.

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love,
for your name's sake.

Amen.



God of compassion,
be close to those who are ill,
afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the
cross,
but reigns with you in glory,
Jesus Christ our Lord.

Amen.