

Parish update...

Thursday 19th March

THE PARISH
OF KEIGHLEY



Public worship is suspended for now but our churches remain open and active!

In light of government advice around Coronavirus the Archbishops have announced a suspension of church services but are encouraging us to keep our churches open as places of prayer for the wider community. You'll find below a chart with days and times for each of the churches. *If you'd like to volunteer to help with church sitting please do ring the parish office on 01535 607003.*

CORONAVIRUS KINDNESS

We are all aware of the numbers of people self-isolating at the moment and to you in our congregations we want to reassure you of our love and care and affirm our commitment to help you in

any way possible. We are seeking to organise this at a congregational level so do get in touch with your local clergy, church wardens or the parish office if there is anything that we can do to help you at this time.

And for those of us who are fit and well, perhaps we've got a bit of time to get involved with caring and supporting those around us at this time? In each community the council and voluntary sector are setting up local hubs and putting in place systems for community support.

We'll keep you informed of what is coming together in Keighley and how to get involved. Please do continue to pray for our government, local councils, NHS staff and all involved in responding to this crisis.

National Day of Prayer and Action called by Archbishop Justin Welby



This Mothering Sunday, 22 March, we are calling all churches to a National Day of Prayer and Action. At such a time as this, when so many are fearful and there is great uncertainty, we are reminded of our dependence on our loving Heavenly Father and the future that he holds. We are not able to gather to worship together but we can join with Christians around the UK to pray for our nation and its people. Alongside your prayers, take the opportunity to telephone or email someone who is isolated, buy some additional food for your local foodbank, or offer to deliver shopping for an elderly neighbour.

*The LORD gives strength to his people;
the LORD blesses his people with peace.
Psalm 29:11*

At 7pm this Sunday, light a candle in the windows of your home as a visible symbol of the light of life, Jesus Christ, our source and hope in prayer.

Contact Details for the Parish Office and full-time Clergy of the Parish

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Revd Canon Mike Cansdale	07545 566898
Revd Dr Jonathan Pritchard	07468 575114
Revd Graham Potter	07808 842724
Revd Natasha Thomas	07887 707221
Revd Dr Tracey Raistrick	07850 940079

If you would like to receive this weekly update by email please send a request to office@keighleyparish.org and we'll add you

Coping with social isolation

Physical distancing will be a new experience for many people and can easily have an impact on our mental as well as physical health. In the last six months I've found myself experiencing it through illness and I wanted to pass on a few ideas that may help you.

- Look after your health by eating nutritious meals and taking part in as many physical activities as you can. If you can't get out you can find exercises for every ability on YouTube.
- Get outside as much as you can. If you have a garden watch the season unfold. New shoots will be emerging each day, the birds are singing, and the frogspawn will hatch! Enjoy it all.
- Use the time to rediscover old pastimes. Dig out that old model railway or that unfinished cross stitch.
- Take time each day to try a meditation or relaxation exercise. It can really help. Lots of free resources are available online.
- Keep up your contacts. Maybe rediscover the lost art of letter-writing and get a pen-pal! If that's not for you, phone family and friends regularly, but avoid discussing difficult issues.
- Make sure the news doesn't pop up every time you look at your phone. If you live with someone, ask them to pass on essential news once per day, preferably in the morning, but definitely not just before bedtime. If you live alone, either get a friend to phone daily to do this or ration yourself to one manageable dose of news each day.
- Be very selective in your TV viewing. So many of the "soaps" rely on conflict. Try gentler programmes: travel, cookery, gardening and - especially - comedy. I find radio easier than TV, especially the older comedies on BBC Radio 4 Extra.
- Do something to encourage others every day. I try to take a photo of something beautiful every day and send it to someone who needs cheering up. Small gestures of kindness can have a surprising impact.

I've found all these ideas helpful and I hope you will too.

Barbara Fletcher
March 2020.

OUR CHURCHES WILL BE OPEN EACH WEEK AT THESE TIMES							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	St Marks 9-11a.m.	All Saints 9-11a.m.	St Marks 9-11a.m.	St Barnabas 9-11a.m.	KSC 9-11a.m.	St Barnabas 9.30-10.30a.m.	All Saints 10-12 a.m KSC 10.30-12 a.m.
Day time	KSC 12-2	KSC 11-2		KSC 11-2			St Barnabas 10-11 a.m St John's 11a.m. -12 p.m
Evening		St Barnabas 4.00-5.00	St John's 4.00-5.00	All Saints 4.00-5.00			St Marks 9-10 a.m. 6.30-7.30 p.m.
Here is the plan for when churches across Keighley will be open offering the community a space for quiet prayer and reflection as we face this national crisis.							

Resources to help you worship at home

I know that we will miss the opportunity to gather but I hope that every day in all of our homes there will be worship and prayer to sustain us as church but also to bring before God the needs of our world. Perhaps we can think of it as 'retreat time at home'.

I'd like to encourage you to keep the habit of Sunday worship at your usual time so that as you sit down you can imagine others all joining together.

We've produced some printed orders of service with suggestions for reading and prayer and these will be delivered to those who wish. Why not look out an old hymn book and sing or listen to your favourite hymns?

Or you could tune into Radio 4 for the Daily Service on LW at 9:45 or Sunday Worship at 8:10 each Sunday.

Online Resources

For those with access to the internet or with a Smartphone here are some suggestions of websites and apps that might help:

- **#LiveLent** daily devotions from Church of England website or LiveLent App.
- **Daily Prayer** from the Church of England - <https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>
- **Lectio 365** - For those who have been doing the Prayer Course through Lent this is a daily prayer App from the same source <https://www.24-7prayer.com/dailydevotional>
- **Facebook** - keep an eye on our facebook pages for songs, prayers, videos and possibly some live streaming of worship or even a sermon!

*God of grace and God of mercy,
hear our prayers at this time.
Strengthen us by your Spirit,
and help us as we live through each day;
looking out for others,
showing love in action,
being faithful in prayer,
and bringing encouragement,
hope and peace;
always trusting in you,
our rock and our strength.
These prayers we bring to you,
in Jesus' name.
Amen.*

Perhaps we could set a reminder on a phone or other device and keep to praying each day throughout this crisis. Gods blessings.

Let's all remember the rules for good hygiene - careful hand washing, catch it, bin it, kill it, careful physical distancing and non contact.

Stay at home if you have either:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
Do not go to a GP surgery, pharmacy or hospital.
Use the 111 online coronavirus service to find out what to do.

Please look after yourselves and each other and don't be slow in asking for help.



Seeking

Seeking the Kingdom of God for Keighley



Sharing

Sharing the Good News of Jesus



Growing

Growing as disciples together

