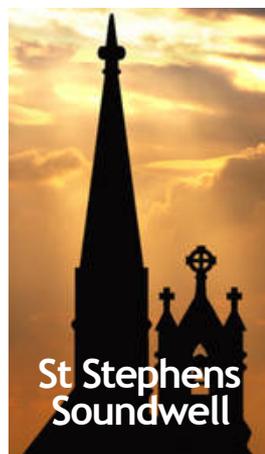


DATE 20th March 2020



**Rev. Lisa Wigmore**  
*Priest in Charge*

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Dear Sister or Brother in Christ,

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.  
Philippians 4.6-7

This letter is a very short "bullet point" guide to help you as we enter uncertain times. The COVID 19 outbreak is a huge challenge to us all. However, if we all act with resolution and kindness, we will be able to do a great deal to mitigate its worst effects.

As you have no doubt heard by now, our usual pattern of Sunday services and other mid-week gatherings must be put on hold. But this doesn't mean that your Church has shut up shop. Please find enclosed a Prayer Booklet to help you pray daily (morning and evening prayer) as well as on Sundays and at other times. It has prayer and Scripture resources for you, as well as other online resources that you might find helpful.

Please do join in with Christians across our nation and beyond to pray for all those who are sick or anxious, and all involved in our Health Service. Archbishops +Justin and +Sentamu are requesting that we all place a lighted candle in our window at 7pm on Mothering Sunday (22nd March) as a sign of solidarity and hope in the light of Christ that can never be extinguished.

Please continue to pray for our Government and our nation, for each other and especially for those who work in our health and emergency services. I will be doing this daily and also offering a Holy Communion for and on behalf of the whole community every week.

May I suggest you continue to keep informed, perhaps by watching the news, and follow the advice we are being given. As you do, may the following thoughts be of help:

### **Looking after your mind**

We are all subject to worry, and may find that we are pre-occupied with concern over this virus. It is important to remember that we can do a lot to look after our mental wellbeing.

- Ask for help if you are feeling overwhelmed- call a friend, relative or neighbour, or contact myself or a member of the Ministry Team - contact details are in the Prayer Booklet.
- Focus on what you can do to look after yourself and your loved ones.
- Keep in touch with friends and family by phone, email or text. Be part of a 'Care Five' group, who commit to contact one another regularly by phone. Please be in touch with me if you've not been contacted by 25th March.
- If you are very anxious about your health and wish someone else to hold sealed details of your next of kin in case of severe illness, please let me know.
- If you are self-isolating, occupy yourself by doing those "things" you've been meaning to do forever- reading that book, tidying up the garage, digging the garden, learning to knit....

### Looking after your body

- Follow advice from Public Health England.
- Try to eat well- plenty of fruit and veg. Even if it's tinned!
- Wash your hands frequently
- Avoid unnecessary contact and interactions with others.

### If you are self-isolating:

- \* Take what exercise you can- even if it's just the housework!
- \* Get some fresh air and daylight every day- go into the garden if you have one, but at least open the windows if you don't have any outside space.

### Looking after your Spirit

- ◆ Pray with others – even if we can't join together, we will be praying in our homes at 9am and 5pm every day. (Use the Prayer Booklet)
- ◆ Try some of the Live Streaming Services referred to in the Prayer Booklet on Sundays, or join me as I worship from home at 10am each Sunday, using the Prayer Booklet.
- ◆ If you are able to, join the Church Facebook page and/or check out our website. (information is also at the back of the Prayer Booklet)
- ◆ Use the Daily Prayer App for the Church of England
- ◆ Tell God your worries
- ◆ Focus on God's love and goodness
- ◆ Use the times of stillness as an opportunity to seek God's presence
- ◆ Read the Gospels and the Psalms, Genesis and Exodus.

### Looking after your neighbour

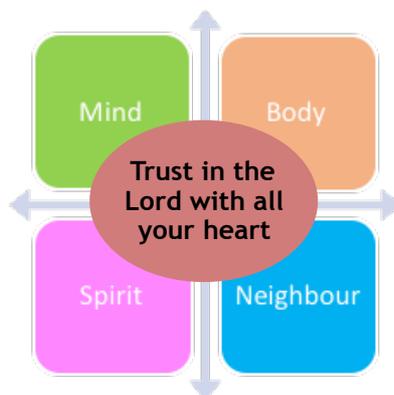
- ➔ Stay in touch - if we each stay in touch with the two or three neighbours closest to us by phoning them, waving to them in the garden, or dropping notes through their doors, the chances of someone getting overwhelmed or seriously isolated and depressed in the coming weeks will be much reduced.
- ➔ As I said before, be an active part of the 'Care Five' groups and regularly be in touch by phone with your group members - daily if you can.
- ➔ Please let me know of anyone who is self-isolating - whether they are regular members of our congregations or not. We need to be praying for and supporting as many people as we can.
- ➔ If you are able to get out and about safely (that is, if you do not have to self isolate) consider offering to run errands for someone who is stuck at home- picking up milk, prescriptions or shopping.
- ➔ Do not put yourself or others at risk. Drop things in a porch or a box. Keep your distance.

God willing, when this is over, we will all have found a renewed sense of neighbourliness and community. No doubt we have difficult times to go through in the coming months. We look to Jesus who suffered for us, died and rose again, to be our certain hope, our foundation and our strength.

With love and prayers

*Lisa x*

Rev Lisa Wigmore  
Priest in Charge



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