



Weekly Newsletter 2 – Sunday 29 March 2020

Hello everyone,

During this time of self or otherwise isolation it is great to see how people are using various electronic based methods of communication to reach out to others. Folk are using WhatsApp, Facebook, Facetime, emails, texts, - even telephones to keep in touch. Shouting across gardens and across streets can also be used!

Some of our friends, especially those who live alone, are finding this isolation tough. While they may be in touch with other friends and family it is not the same as face to face contact. Pray especially for those who are on their own.

Another group of people we should not forget are the Hospital Chaplains. They have had to adapt their ways of working but continue to do their best in the circumstances. As the effects of this virus spreads, they may be dealing with additionally distressing situations which puts them under a great deal of personal stress.

Birthdays. A number of us will have birthdays during this period of isolation. If you know of someone's birthday in the week starting Sunday 5 April 2020 then let me know and we can publish the list in the next newsletter. That way we can send birthday greetings to those who have a birthday and if we sing Happy Birthday loud enough, you never know, they may hear us.

There are a multitude of Services we can use on the Church of Scotland and other web-sites and several people have been in touch to share programmes etc. which can be found on You Tube. Here are a couple:

A Midweek Lenten Service from Ireland - <https://youtu.be/HDwhvsycyJs>

The Getty Family hymn singing - <https://www.youtube.com/watch?v=GiWK9tGvxtk>
<https://www.youtube.com/watch?v=nhxTqxGwiHw>

A wee word of caution – Unfortunately, there are some people who will use this emergency to deceive and defraud. Please be careful. They may appear genuine when offering to help but do check eg the Red Cross are NOT doing door to door virus testing. Be careful on-line. Don't open attachments from unknown sources, and some of the email scams are clever in imitating genuine sites eg HMRC or DVLA.

But on a more upbeat note, stay positive. We WILL get through this. Keep fit and healthy – exercise is good for you mentally as well as physically – try Joe Wicks, 'Phew'! Keep praying, for others and for yourselves. Keep in touch. Keep smiling – share funnies and when this is over – what a celebration we shall have so start planning, just keep the date flexible.

May God Bless us all.

John