



LOCKDOWN LETTER Wednesday 18 August 2020

It's back! But we know what to do. Follow the rules, keep safe, be kind to others and ourselves.

During this period are encouraging all of us to stay in touch with each other and find ways to stay connected to and worship God while we can't meet communally on Sundays. Let's all pray for our church family, community and our country's leaders.

- **Sunday 22 August: Worship and congregational meeting is postponed.**

Lockdown Worship

Ian Kilgour has kindly agreed to prepare a "printed" worship reflection for us this week. Should lockdown continue for longer than 7 days some of our other regular worship leaders will also contribute to this worship resource. Thank you Ian for the time and wisdom you share with us.

We also have an opportunity to join the virtual community of St Andrew's Presbyterian Church in Symonds Street in worship by clicking on a link on Sunday morning at 9 am. Thank you Rev David Williams for preparing this worship service and sharing it with us.

Both these worship resources will be emailed to members on Sunday morning.

Well-being in a challenging time



For some people lockdown is a difficult time. Looking after our mental well-being is important. Paul Williams offers us some tips in the attached document to help us or someone we know. You don't need to do all of them but try the ones that could be helpful for you. Thank you Paul.

Lockdown Support

Would you like a weekly chat with someone from our church? Patsy Cochrane, has offered to co-opt some of our parishioners with the gift of pastoral care to phone those who would like a weekly chat during lockdown which we know can be an isolating and lonely time. If you'd like to be added to our "lockdown support" phone list, please let Patsy know: email patsyandbraid@icloud.com or phone on 021 02400417 or 5218219. Our pastoral care team is also always available for support and prayer.

Lockdown Inspiration

Read a good book, watched a good film or TV series, listened to a good Youtube talk or podcast? Let us know (email: jillkaysernz@gmail.com) and we'll share it with others. I love listening to a Celtic Church of Scotland minister John Philip Newell. You can find him on YouTube

Stay safe and well. God bless.

Jill Kayser, Transition Facilitator