

A further update from the Rector.

By the time you read this edition of The Courier, much in the normal course of our lives will have been disrupted. This edition originally carried details of the forthcoming services and events. Today, as it goes to the printers, this is the Guidance we have received.

'In the light of the Government guidance around non-essential contact, the Archbishops of Canterbury and York have issued advice that public worship is suspended until further notice.'

Though public worship is suspended, and events postponed, devotion, human kindness and acts of practical charity and care are very much alive. We are so pleased to hear of the action which groups and individuals in our communities are taking to support one another.

We will continue, so far as possible, to make our churches accessible for private prayer, space and reflection. We shall also be praying for you at this challenging time. And we shall be offering ideas and support through our webpage which is in the process of being created by Rev. Rob Eardley. www.westerndownlandchurches.org.

Resources to support prayer, engage in worship and sustain faith are available at the Church of England's website (see **Coronavirus liturgy and prayer resources** on their web pages). Village websites will also publicise community support.

If you are 'shielding' yourselves or 'self-isolating', the following suggestions, circulated in Damerham with the Parish Pump, give ideas to enliven your time.

These days are likely to be challenging for us all, including for your local congregations, who rely on your generosity and support. Please consider if you can help. Perhaps you can make a financial gift to your Church to help us through this difficult time. Do get in touch if you think you can help.



Make the most of your
Countryside and
Community.
Look after yourselves
and others.
Lend a helping hand.



Self-Isolation – Some Helpful Hints

So – you have decided to self-isolate or have been told to! Well done and what a sensible decision. So, what are you going to do now? How about looking at this as a great opportunity to get on with some really useful and interesting things. Don't sit around and just worry, plan each day with a variety of activities that can benefit you and your home and others.

Get a nice cup of tea and a biscuit and read through this to see how you might plan your days. Be positive and see how you can enjoy a variety of home based activities.

1. Keep fit – do try to get outside every day for a short walk to get fresh air and see how Spring is coming along!
2. Talking of Spring, how about starting a little bit of spring-cleaning, you know how good you feel when you have finished an hour's cleaning and tidying. Just do a little each day.
3. Keep contact with friends and family. Telephone to let them know you are OK and and see how they are. How about looking through your phone book and contacting someone you have not spoken to for a long time – see how they are.
4. De-clutter – Urrgh. How about just clearing one drawer or cupboard out to start with and see if you are inspired to do a little more, who knows you might get the whole house done and the garden shed! Remember to put aside those items that would be welcome at a local charity shop or jumble sale when things get back to normal.
5. Cooking. When you cook a meal try to make double or triple quantities at one time and freeze portions down. You will spend less time preparing meals and can have more time doing other exciting things!
6. Gardening. Plenty to do here tidying up and getting ready for summer.
7. Hobbies and Pastimes. There are so many things to do apart from watching television. Start to read one of the books you have always meant to; listen to the radio, there are some really good programmes you have already heard; adult colouring books are very relaxing whilst listening to Radio 2,3 or 4; read some poetry if you like and try writing a Limerick for fun; if you have any needles and some wool, start knitting a scarf, if you haven't much wool make just an egg cosy. You might get inspired to do a lot more. Try some of these, they are very relaxing and can become a very enjoyable pastime: Colouring Books, Crossword puzzles, Sudoku, Word Search. These are all available from either the Co-op or Miles of Value who also have a good selection of Jigsaws.

Do try to do a variety of things throughout the week, think ahead each day and plan for tomorrow. Writing down your ideas will help you stick to a plan and be more rewarding. Keep a list of what you have done to remind yourself when next week comes. Get into the good habit of a small variety of things each day. When you wake up, look at your plan and get excited at what you can get done.

BE DETERMINED TO ENJOY THIS TIME AND NOT WASTE IT.
GOOD LUCK AND KEEP SMILING.