

KIT1 - (Keeping In Touch) A message from the church wardens

I hope you are all keeping well.

This is the first of our keeping in touch (KIT) emails. We hope you will find them useful and interesting while we are unable to hold services. Please forward them to anyone you think would be interested or ask for their email to be added to the list.

Attached to the email is our normal **pewslip** with the weekly readings which we hope you will find helpful at this difficult time. Thank you to Stephen Johnson for continuing to produce this.

You may have heard that every Sunday at 0800 there will be a **service broadcast live on BBC local radio**. You can hear this on Radio Sussex (104.5 and 95.0-95.3 FM) or Radio Solent (96.1FM and 999AM). This week the service will be led by the Archbishop of Canterbury.

We have been asked if the **Parish Magazine** will continue. As far as possible we hope to do this. We rely on people to deliver the magazine to your home and therefore this will be contingent on our lovely volunteers keeping well. If you normally collect your magazine from St Mary's we will do our best to get it to you, however if you would like it posted please send some stamps to Carol Vigor (21 Deeside Avenue, Fishbourne, Chichester, PO19 3QF). The April magazine is at the printers now.

You may have heard that **St Mary's** has remained locked. This was in accordance with the instructions of the Bishop of Chichester as we are unable to provide handwashing facilities. However, this rule has been relaxed slightly and we hope to open the church daily. **However, we must ask that anyone visiting the church does not touch anything that others may touch** and do remember to wash your hands for 20 seconds after visiting.

### **A Message from Chichester Cathedral**

" The Dean of Chichester, the very Reverend Stephen Waine, has recorded a personal message which along with other details, again can be found on our [website](#). In our [Worship](#) web section there are other useful details at this time when all church services are suspended, including audio recordings of sermons and a new section of Prayers for Personal Use.

We are particularly disappointed to have to postpone the Festival of Flowers until 2021, details can be found [here](#) on our website including refund information for those who have bought tickets. Refund information for other ticketed events can also be found on each individual event web page."

### **A light hearted bit!**

You will find attached a small quiz that you may like to have a go at. They are all pictures of objects taken from an unusual angle. Answers in a future KIT email.

Finally here are some prayers you may find helpful at this uncertain time.

### **Prayers about the outbreak**

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort

knowing that nothing can separate us from your love  
in Christ Jesus our Lord.

**Amen.**

Lord Jesus Christ,  
you taught us to love our neighbour,  
and to care for those in need  
as if we were caring for you.  
In this time of anxiety, give us strength  
to comfort the fearful, to tend the sick,  
and to assure the isolated  
of our love, and your love,  
for your name's sake.

**Amen.**

God of compassion,  
be close to those who are ill, afraid or in isolation.  
In their loneliness, be their consolation;  
in their anxiety, be their hope;  
in their darkness, be their light;  
through him who suffered alone on the cross,  
but reigns with you in glory,  
Jesus Christ our Lord.

**Amen.**

### **Two prayers to use with children**

Dear God, (*name of friend*) is ill.  
They are not allowed to go out or come over to play.  
I'm sad because I miss them.  
They must be feeling miserable and lonely as well.  
Please be close to them.  
Please be with the people who are looking after them.  
Please help them to get better and to know that you love them.

### **A prayer remembering God is with us**

Lord God, you are always with me.  
You are with me in the day and in the night.  
You are with me when I'm happy and when I'm sad.  
You are with me when I'm healthy and when I am ill.  
You are with me when I am peaceful and when I am worried.  
Today I am feeling (*name how you are feeling*) because (*reasons you are feeling this way*).  
Help me to remember that you love me and are with me in everything today.

**Amen.**

Amen.

Best wishes to you all and God bless you

Carol & Willem