

Do not be afraid, for I am with you. Do not be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

Isaiah 41: 10

22nd May 2020

Inglewhite Church  To walk with Christ, alongside you

Email: inglewhitechurch@outlook.com

Keeping In Touch

As a church we are doing our best to overcome the closure of our church building by moving online.

Sunday Mornings Sunday Worship on YouTube. A link to the live service is emailed to the church family on Sunday morning. Contact Alison (inglewhitechurch@outlook.com) if you would like to be added to the mailing list. The link to the services is also available on the Online Services page on the church website www.inglewhitechurch.org.uk/online-services-and-events

Coffee and Chat Chance to catch up with one another over coffee after the Sunday morning service. Around 12noon on Zoom. Email Alison (inglewhitechurch@outlook.com) for details.

Junior Church and Youth hold Zoom sessions on Sundays. To be set up please email Clare Irwin (jcirwin08@gmail.com) for the Junior Church Session and Lisa Talbot (jacktalbot80@gmail.com) for the Youth Sessions.

Blog

Pastor John's blog called 'Messages from home' is on the church website. To read his messages go to www.inglewhitechurch.org.uk/blog or Inglewhite Church Facebook page.

Daily Hope

The Archbishop of Canterbury has launched a free national phonenumber as a simple new way to bring worship and prayer into people's homes while church buildings are closed because of the coronavirus.

Daily Hope offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.

The line is available 24 hours a day on 0800 804 8044.

Prayer and Share

Tuesday mornings at 11am on Zoom. Contact Alison if you would like to join in or have any prayer requests (inglewhitechurch@outlook.com).

Bible Study

The next Bible study will be on the Gospel of Mark, led by Francis Chan. Short video presentation from locations in Israel, followed by small group discussion on Zoom. A great time to fellowship and learn together. Usually on a Wednesday night but the first one will be next **Thursday 28th May at 7.30pm** on Mark 1: 1-13.

See you there!

Pastor John

Please contact Alison if you would like to join in (inglewhitechurch@outlook.com).

Thank you

Thank you to all those who are helping to support the elderly and vulnerable members of our congregation by collecting and delivering groceries and prescriptions. If anyone needs help please contact the relevant Area Pastor.

Area Pastors

Inglewhite & Goosnargh:
Stephen Hardman
Longridge & Ribchester:
Denis Every
Broughton & Fulwood:
Pastor John Irwin
Catterall & Garstang:
Steve Kelsall

Available on Radio and Television

Useful information for everyone but especially for those without access to the internet.

BBC1 Sunday 10.45am Sunday Worship and 1:15pm Songs of Praise.
Radio 4 Sunday 8.10am Sunday Worship (on radio or TV Freeview Channel 704).

UCB1 and UCB2 is available on DAB radio.

Premier Christian Radio is available on DAB Radio and also on TV Freeview Channel 725.

TBN UK is available on TV Freeview Channel 65.

Golden Moments

Have you ever had one? Here's one of mine.

It was a very wintry day in December 1956. I had just graduated in law and was then conscripted into the Royal Artillery to do my National Service. Having done my basic military training in Oswestry I was transferred to Woolwich Barracks to await my permanent posting. Using my army travel warrant I went by rail from Oswestry to Woolwich. On arrival the scene that met my eyes was almost indescribably depressing. It was a very run-down, brick-built barracks with an imposing archway entrance together with three other three storey barracks blocks all arranged symmetrically around the Barracks Square. At the Guard Room (located in the entrance) I was checked in and directed to my assigned barrack room and was told where the Quarter Master's Store was so that I could pick up any bedding I might need. Everywhere was hauntingly silent - a total contrast with the busy unit I had left at Oswestry. I went straight to my barrack room. It was huge, covering the whole of the floor area of the top storey and containing 150 beds, some of which were 'double deckers'. Not one of them had any bedding or even a mattress - just bare springs. There was no heating at all in the building and no hot water. Also, quite a few of the windows were broken allowing the icy east wind to blow through the room mercilessly. I shivered, my heart sank as I stood almost literally frozen to the spot. Then suddenly there came floating through the window the most beautiful music. I knew it well. It was the soprano solo 'I know that my Redeemer liveth' from Handel's 'Messiah'. My mother had often sung it both in public performances and more intimately, at home, accompanied by my father on the piano.

I was transported to a higher plane. Moved to tears? Yes. But more than that, the living Christ, My Saviour, was with me. All would be well. No, all IS well. 'It is well with my soul'.

PS I never discovered exactly where that music came from on that day. But I know who sent it and His timing is always perfect.

Percy Wright

Discovering Prayer

Are you up for the challenge of praying 'Thy Kingdom Come'?
Take just 5 minutes a day to wonder and pray.

Discovering Prayer have teamed up with the Archbishop of Canterbury and his wonderful team to create ELEVEN new 5-minute audio prayer times. Join them, to stop for five minutes a day and experience a little more wonder.

You'll be able to:

1. Listen and pray 11 Biblical prayer times.
2. Experience praying consistently, to strengthen your relationship with God.
3. Get into a routine of prayer.
4. Structure a prayer time simply on the Bible. This can be 'hands-free' if there isn't a Bible to hand.
5. Remember to pray for five people as part of Thy Kingdom Come – every day.
6. Experience of the power of praying with many other people online.

Go to <https://discoveringprayer.com/thy-kingdom-come> to enrol for free.

Mental Health Support

24/7 NHS mental health support now available across Lancashire & South Cumbria by phoning 0800 915 4680 or text Hello to 07862 022 846.

This is available any day, anytime.

Help Longridge

The following information applies to anyone living in the **Longridge area**:

There is a dedicated phone number (07552 680591) and email (helplongridge@gmail.com) for anyone in the Longridge area requiring assistance with shopping and/or collection of prescriptions.

With the assistance from volunteers in the community the phone and email account will be available seven days a week from 8am to 9pm, with assistance being provided as soon as practically possible.

Longridge Foodbank

If you are in need or know of anyone in need of a food parcel please ring 07849534431. If no one answers please leave a message with details of the recipient and a food parcel will be delivered if possible that day and if not the following day.

Garstang Volunteer Force

This service is operating in **Garstang and surrounding area**:

Helpline numbers: 07493 557975 / 07340 568400

From 10am to 4pm every day

The service can help isolated and vulnerable residents with the following services:

Shopping orders and delivery, prescription collection and delivery, pension collection and delivery, chat buddies to help lessen isolation.

New guidance from the government on staying safe outside of your home.

This guidance sets out principles that everyone should follow when outside of their house to lower the risk of transmission of the virus.

1. Keep your distance from people outside your household

This may not always be possible however it is important to be aware that the risk of infection increases the closer you are to another person with the virus, and the amount of time you spend in close contact with them. Therefore, you are unlikely to be infected if you walk past another person in the street. Public Health England recommends trying to keep two metres away from people as a precaution.

2. Keep your hands and face as clean as possible

Wash your hands often using soap and water, and dry them thoroughly. Where available, use sanitiser outside your home, especially as you enter a building and after you have had contact with surfaces.

Avoid touching your face.

3. Work from home if you can

Many people can do most or all of their work from home and your employer should support you to find adjustments to do this. However, not all jobs can be done from home and if your workplace is open and you cannot work from home, you can travel to work.

4. Avoid being face-to-face with people if they are outside your household

You are at higher risk of being directly exposed to respiratory droplets (released by talking or coughing) when you are within two metres of someone and have face-to-face contact with them. You can lower the risk of infection if you stay side-to-side rather than facing someone.

5. Reduce the number of people you spend time with in a work setting

You can lower the risks of transmission in the workplace by reducing the number of people you come into contact with regularly. Your employer can support with this by changing shift patterns and rotas to match you with the same team each time.

6. Avoid crowds

You can lower the risks of transmission by reducing the number of people you come into close contact with. For example, avoid peak travel times on public transport, where possible.

Businesses should also take reasonable steps to avoid people being gathered together. For example, by allowing the use of more entrances and exits, and staggering entrance and exit, where possible.

7. If you have to travel (for example, to work or school), think about how and when you travel

To reduce demand on the public transport network, you should walk or cycle wherever possible. If you have to use public transport, you should try to avoid peak times.

Employers should consider staggering working hours, expanding bicycle storage facilities, providing changing facilities and providing car parking.

8. Wash your clothes regularly

There is some evidence that the virus can stay on fabrics for a few days, although usually it is shorter. Therefore, if you are working with people outside your household, wash your clothes regularly.

Changing clothes in workplaces should only be considered where there is a high risk of infection or there are highly vulnerable people, such as in a care home. If you need to change your clothes, avoid crowding into a changing room.

9. Keep indoor places well ventilated

Evidence suggests that the virus is less likely to be passed on in well-ventilated buildings and outdoors. In good weather, try to leave windows and doors open in areas where people from different households come into contact, or move activity outdoors if you can.

10. Face coverings

If you can, wear a face covering in an enclosed space where social distancing isn't possible and where you will come into contact with people you do not normally meet. This is most relevant for short periods indoors in crowded areas, for example, on public transport or in some shops. Evidence suggests that wearing a face covering does not protect you. However, if you are infected but have not yet developed symptoms, it may provide some protection for others you come into close contact with. Face coverings do not replace social distancing. If you have symptoms of COVID-19 (cough, and/or high temperature, and/or loss of, or change in, your normal sense of smell or taste - anosmia), you and your household must isolate at home: wearing a face covering does not change this. A face covering is not the same as the surgical masks or respirators used by healthcare and other workers as part of personal protective equipment. These should continue to be reserved for those who need them to protect against risks in their workplace. Face coverings should not be used by children under the age of 2 or those who may find it difficult to manage them correctly. You can make face-coverings at home. The key thing is it should cover the mouth and nose.

11. When at work, follow the advice given to you by your employer

Employers have a duty to assess and manage risks to your safety in the workplace. The government has issued guidance for employers and businesses on coronavirus. This includes guidance on how to make adjustments to your workplace to help you maintain social distancing. It also includes guidance on hygiene, as evidence suggests that the virus can exist for up to 72 hours on surfaces. Therefore, frequent cleaning is particularly important for communal surfaces like:

door handles

lift buttons

communal areas like bathrooms

kitchens

tea points

You can read the full guidance for further information here <https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home>.