

# Fulneck and Gomersal Moravian Church

## Weekly Newsletter

Wednesday 1<sup>st</sup> April 2020



### Minister's Letter

Dear friends,

During this time of social distancing and isolation, it is important that we take care of our minds as well as our bodies. To help with this, the government website has some guidance, a summary of which is below:

- **Consider how to connect with others:** *Maintaining relationships with people you trust is important for your mental wellbeing.*
- **Help and support others:** *Think about how you could help those around you – it could make a big difference to them and can make you feel better too.*
- **Talk about your worries:** *It is quite common to feel worried, scared or helpless about the current situation.*
- **Look after your physical wellbeing:** *Your physical health has a big impact on how you are feeling emotionally and mentally.*
- **Look after your sleep:** *Good-quality sleep makes a big difference to how you feel mentally and physically, so it's important to get enough.*
- **Try to manage difficult feelings:** *Try to focus on the things you can control, including actions to make yourself feel better prepared.*
- **Manage your media and information intake:** *Try to limit the time you spend watching, reading, or listening to media coverage of the outbreak.*
- **Get the facts:** *Gather high-quality information that will help you to determine your own or other people's risk so that you can take reasonable precautions.*
- **Think about your new daily routine:** *Think about how you can adapt and create positive new routines.*
- **Do things you enjoy:** *Focus on your favourite hobby, learn something new or simply take time to relax indoors.*
- **Set goals:** *Think about things you want or need to do that you can still do at home.*
- **Keep your mind active:** *Read, write, play games, do crossword puzzles, sudokus, jigsaws or drawing and painting.*
- **Take time to relax and focus on the present:** *This can help with difficult emotions, worries about the future, and can improve wellbeing.*
- **If you can, once a day get outside, or bring nature in:** *If you can't get outside, spend time with the windows open or sit with a nice view.*

The Gomersal congregation have had **Wellbeing Wednesday** activities for many years now. Although we can't meet to do them together, we can continue these activities in a slightly different form to help with our wellbeing:

- The health walks are an obvious one, at least for those who can go for their daily exercise. Just remember to follow the government guidelines.
- Hilary, our teacher, has suggested the following YouTube video for those who miss their yoga sessions: <https://www.youtube.com/watch?v=3D1hUiJvmlU>
- We held our first online Julian Meeting this morning. If you would like to spend some time in quiet contemplation, we will be doing it again on Wednesday 15<sup>th</sup> at 10.30am, so please let me know I will send you the link.
- I haven't yet worked out how we can do virtual carpet bowls, but I am sure you can find lots of other games to play indoors!

We can also continue to **worship at home** using various resources. Every Sunday the 'Moravian Church – British Province' Facebook page will have a video to watch, enabling us to worship together with Moravians around the country. I can send a YouTube link by email to those not on Facebook.

If anyone would like to borrow a copy of the Passion Week and Eastertide book for next week, please let me know and I will try to get one to you. I am making a series of videos with hymns and prayers to accompany the readings which will be available on both Facebook pages and Fulneck website from Palm Sunday.

Finally, many of you will know Keith Newell. Keith's wife Betty died on Saturday 21<sup>st</sup> and I will be leading the funeral service at Nab Wood tomorrow. This is for close family only, but there will be a memorial service at a later date.

Stay well. Please contact a Church Committee member if you need any help.

Yours in Christ,

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