

## BEING A GOOD CHRISTIAN DURING THESE TRYING TIMES



### What we could do to limit the spread of the virus – Lets do beyond simple Health Advice!

1. **Be positive** – it will come to a pass. If you take care of each other and act swiftly it is very likely it will pass prayerfully in three to four weeks. We are a resilient people during wars that lasted months and years, we did pull it together with a love care for one another and an attention to the detail. And it is short term and will come to pass, we know. But we also want only few to be affected.
2. Getting about our normal life but confined to our homes mostly unless it is absolutely necessary. That too only to the local surroundings. Avoiding infected areas and crowded places.
3. Avoid meeting up with lot of people or gather in large communities or visiting public places when it is not essential.
4. Each one is responsible for his/her health and safety and all those dependent on them (children).
5. Social distancing - Please keep distance from one another if and when in church and other places you have to be.
6. Having less and fewer visitors as possible or going visiting people. Check before visiting anyone whether it is alright to do so and also whether they are happy for you to visit them.

### How could we help the community in these trying times.

1. Use whatever you need to sustain yourself, sparingly just enough to keep you going. Eat little, sufficient to keep it for another day or another meal. So that we don't need a lot for ourselves. Someone who may need to get them will also have the opportunity to do so then in the shops. Similarly, with sanitary use and other things. Use everything sparingly, just enough and as need.
2. Store things reasonably only as far as you need, with a determination to use sparingly. If someone is in a dire need let us pray for the courage and fortitude that we will embrace the sacrifice and offer it with that of Christs, however a smaller or great a sacrifice that may be.
3. Let us pray for one another and feel responsible for one another, not just family and friends. Let us pray for all those who are affected or suffering from the virus.
4. Let us check on our neighbours and most vulnerable, catholic or not, friends or not, for their good health and wellbeing. Let us be in touch with our neighbours, friends and family through mass communication as we normally do and more so now. Especially with the elderly, vulnerable and sick – all life is still very precious even in very trying times like now. We are held responsible for all life and every life.



### What support and pastoral care I as you priest will offer

1. You don't have to come to mass or church services, it is temporarily suspended by Church Authority to avoid public gathering in mitigating the pandemic. There is no obligation as the Church Law is suspended. Therefore, there is no need to confess and seek absolution for missing mass on a Sunday.
2. **I, Fr Prem, and I am sure all other priests over the world will be celebrating masses (private masses when cannot be done otherwise) and so will keep all our parishioners in spiritual communion with one another and the Lord, especially in the sacrament. There is no other better time than times like these that the role of the priesthood and consecrated life becomes more relevant. No other better times than now that the church is needed, fully and truly manifested, CHURCH IS & BECOMES!**
3. Fr Prem, will be available on my personal phone (07795833895) 24hours if you would wish me to pray with you and if you want to ask for a blessing if you are sick, troubled, worried or even otherwise. Ring me anytime of the day, available 24hours. If by any chance I didn't pick it then leave a message or text me. It is my personal mobile number that is given for these worrying times. I am sure you and others will respect it. Alternatively, you could also leave a message on the landline and I will only be able to pick up only when I get to the office, which I will be doing quite frequently to



check whether there are any messages. I can also be contacted via email. I also will try to keep the parish website going giving you some information, prayers and readings etc as much as I can and try matters important and significant to the parish sufficiently communicated to you.

4. I will be able to celebrate sacraments only if it is safe to do so by our discretion as there is no official rule given so far. So will have to practice due care with each other.
5. The wider church, the diocese and the parish will use the mass media to communicate masses prayers etc. too. Some churches have live streaming, so you can take part in the mass at home. Prayers readings are available online or in the Missal, if you have one. So, you can leisurely read at home. If you need the Sunday readings and if you need a copy, I will be happy to pass it on to you electronically or leave in the church porch for you to pick up. There are lots of ways we can stay at home and take part in mass and prayer in a spiritual communion with the priest and the church in these troubled times. If you are concerned please do ask me.
6. Church will be open during the day from **11am to 2pm Kidlington, Woodstock is open normally**, all through the week, drop by for prayer if you strongly feel the need to do so. I will make myself available one to one with a social distancing in place, (Wednesdays in Woodstock). Avoid gathering in numbers or chatting in close proximity. If you do come to church, carry with you your own sanitising kit, making sure you are not contagious nor contaminated. If you have doubts stay at home. Once you have used the church for prayer and quiet time, disinfect after yourself. Especially take care, opening closing doors, touching benches etc. Just drop by for a quiet time and prayer.
7. Carry with you your own sanitisers and tissues etc. Use fresh sanitisers or tissues when touching the church doors handles and any place in the church. Try and clean after you wherever you may think you have contaminated to the best you could. So that the church is not contagious and is clean for another person. Avoid touching or contaminating the place to your best.



### Studying, Working from Home

1. have a routine, a timetable for the day - it is important that we sleep only sufficiently, not too much or too little - I think, if I am right between 6-8 hrs should be healthy.
2. Get some exercise morning and evening - if social distancing and isolating means that you can also safely go for a walk do so getting some fresh air and change of scenery.
3. catch up with the errands - reading, tidying your room, your place, sorting out things that you want and don't (to throw away later when things get back to normal).
4. Not to eat too little or too much, just what is needed a good diet, healthy as it could be - there is always the temptation to eat too much when board or not knowing what else to do.
5. What to do with this free time? Read, write, study, listen to music... catchup with friends, check on others and exercise!! Doing all or many things as possible each day within an allocated time for each, not one thing every day. **Oh NO!, we wouldn't forget to say a prayer in the morning thanking God for the day and in the evening with an examination what we done not so good and a determination to do better the next day, we thank God for a peaceful rest.**
6. Let us not feel shy to ask for help, for food or anything you are in need.
7. Keep clean and healthy – Yourself, your room, kitchen, toilet etc.
8. Wake up in the morning keeping to your routine, have a wash change from your pyjamas to working cloths and get on with a routine of work if you don't have to get out for essential work.



**Let us keep each other and everyone in prayer. Especially those affected or those who have loved ones affected that they may all be well & not lose hope. Let us pray for all those in the health service-chain, food-chain, and other essential services, may their dedication & service in trying situations be blessed. May they and their loved ones be kept blessed and safe. We pray for our leaders that they will put lives and all life first in making their decisions and so serve God's people diligently and accountably. Lord save us from thoughts & deeds of selfish ways, scams or harm for our own selfish gain. We pray.**