

BEING A GOOD CHRISTIAN DURING THESE TRYING TIMES

What we could do as a do to limit the spread of the virus – How we could help together with the general health advice given to us.

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 like the city centre.
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) . Please keep distance from one another if and when in church and other places you have to be.
5. Having less and fewer visitors as possible or going visiting people.
6. Washing hands when going out and coming into the home.
7. If unwell, flu, cough or cold don't go out or being in public places or meet people as govt. advice.
8. Avoiding physical contact with people and distance from people
9. Avoid touching face, nose, mouth often. When needed make sure hands are washed and clean

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. 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, if they are not cancelled as yet. There is no obligation in trying times like these, if you are concerned and unwell or you are a high-risk person. There is the obligation to not to come to church or be at any public service if you have any flu like symptom or anything in the slightest.
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, if in case public masses are cancelled.**
3. I, 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. I suspect the diocese and the church will use the mass media to communicate masses prayers etc. too. Some churches have live streaming too, 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, all through the week, drop by for prayer if you very strongly feel the need to do so. 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. Avoid lighting candles 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.

The church and services

1. Only a missalette is given, together with this handout, to you today. Please take it with you home without leaving it in the church or simply bin it if it's not needed. The bins will be kept close to the doors.
2. There are no hymns, just the mass.
3. No passing of the collection plate. If you still wish to do and in a position you could afford, then please do, into the baskets left at the entrances to the church.
4. During communion keep a distance from each other, don't have to que very close to each other. Gently, bench by bench forming a line on the centre isle you may come and receive on the hand.
5. No altar servers
6. No offertory procession.
7. No entering sacristy only the sacristans. The sacristans must take extra care to sanitise appropriately and for themselves to keep safe.
8. No children's liturgy – children stay with their parents responsible for the good health of their children and any contamination in the church.

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 and not lose hope. Let us pray for all those in the health service-chain and food-chain, may their dedication and service in trying situations be blessed. May they and their loved ones be kept very 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. We pray.