

# Church Without Walls

Issue 29 October 25th 2020

**THE CHRISTIAN RESOURCE CENTRE ON  
FOX STREET PRESTON PR1 2AB IS  
OPEN AS NORMAL**

**MONDAY TO SATURDAY 9 am to 5 pm**

**Call in or give us a ring 01772 - 259279  
or e.mail [cbcpreston@aol.com](mailto:cbcpreston@aol.com) with  
your requirements**

The Christian Resource Centre on Fox Street was forced to close in March before they had a chance to sell their Easter stock.

Having re-opened in June, they now have stock in for Advent & Christmas, and are hoping that they will be able to sell this.

Like all retailers, they are following Covid guidelines to keep staff and customers as safe as possible, so why not pop in and see what they've got? Or ring or email first to check if they have what you want in stock.

[See an example of the Christmas stock here](#)



## Preston Churches in Prayer

On Tuesday mornings at 7.30  
Join Christians from around  
Preston for prayer on zoom  
email Andy Pratt:  
[andrewpratt1@btinternet.com](mailto:andrewpratt1@btinternet.com) for an invitation



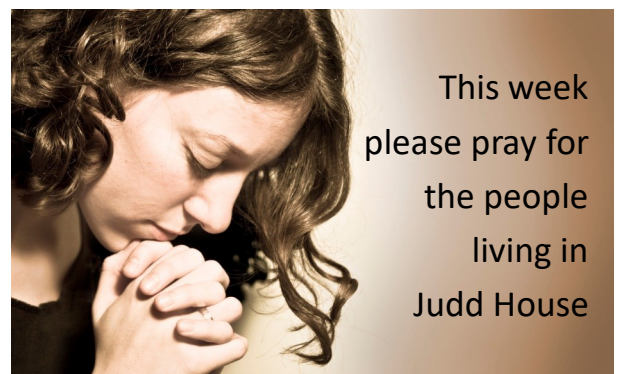
## Local restrictions for Preston

(in addition to national restrictions)

- You **must** not:
  - socialise with anybody you do not live with (or are in a support bubble with) in any indoor setting, private garden or at most outdoor hospitality venues and ticketed events.
  - socialise in a group of more than 6 in an outdoor public space
- All pubs and bars must close, unless they serve substantial meals (eg main lunchtime or evening meal)
- You **should** avoid:
  - travelling outside of Lancashire or visiting any other **Tier 3 areas** (such as Liverpool or Manchester) other than for work, education or caring responsibilities. This does not apply if you are travelling through the area as part of a longer journey
  - staying overnight in areas outside of Lancashire.
- The adult gaming industry, casinos, bingo halls, bookmakers, betting shops and soft play areas must close
- Car boot sales are not permitted.

The following still applies:

- Gyms & schools remain open
- Places of worship remain open, but household mixing is not permitted
- Weddings and funerals can go ahead with restricted numbers attending However, wedding receptions are not permitted.



 **St Stephen's**  
LEARNING TO LOVE AS JESUS DOES

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The Lancashire Resilience Forum has issued guidance on restrictions around upcoming faith and community events for the remainder of 2020 due to coronavirus. As we are now in Tier 3 of the local coronavirus alert level which prohibits most social mixing, the decision has been taken to prohibit large scale events to mark these occasions in Lancashire.

The restrictions relate to upcoming events including:

- **Navratri-Hindu festival** (17-25 Oct)
  - No household mixing/public events
- **Prophet Muhammad's birthdate** (28-29 Oct)
  - No processions or visiting people's homes/events in private houses (other than with people who live in the house)/singing/audible group recitation/chanting
- **Halloween** (31 Oct)
  - No trick or treating/household mixing/public events
- **Bonfire celebrations** (5-7 Nov)
  - No household mixing/public events
- **Remembrance Sunday** (8 Nov)
  - Only small scale civic/faith ceremony socially distanced
  - No public event/march past/parades
- **Diwali-Hindu Festival of Lights** (13-16 Nov)
  - No household mixing/public events/processions/dance or singing gatherings/public or community firework displays
- **Hanukkah-Jewish Festival of Lights** (10-18 Dec)
  - No household mixing/public events/processions
- **Christmas period** (Dec)
  - No major public events
  - No Christmas light 'Switch On' events
- **New Year's Eve** (31 Dec)
  - No major public events e.g. firework display

We are working with various faith and business groups as well as charitable and community organisations – such as the British Legion – and making alternative arrangements to mark some of these occasions. More information will be issued about these alternative arrangements in due course.

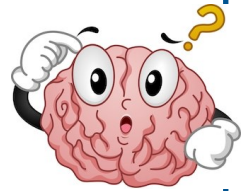
**Worship in places of worship is not impacted by this events guidance**



## Found on FaceBook...

Those “all over the place” feelings you have are symptoms of stress, not personal failure.

- **Feeling flaky/inconsistent?**  
That's because your brain doesn't know what news to brace for next, or what next month will hold.
- **Tired easily?**  
That's because your brain is burning energy much faster than usual.
- **Can't focus?**  
That's because your brain has temporarily shut down some functionality - in the part that juggles complex tasks & planning - due to the stress response.
- **Creatively blocked?**  
That's because your brain has temporarily diverted its creativity (ability to solve problems) to the “How do I avoid Covid?” problem
- **Don't care about future goals or issues like you used to?**  
That's because your brain knows being short-sighted is a safer way to cope right now: it has enough to worry about.



Your plans, creativity, energy, focus & motivation are on a yo-yo right now because your brain believes you need to be extremely adaptive. You will not be on this rollercoaster forever. Be patient with your brain.

Sincerely,

A positive psychology-certified coach and fellow human



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