

This Sunday

Our service this week is a World Focus Sunday and we will be looking at the work of two national organisations who work with families in crisis. 'Home for Good' has a focus on fostering and adoption and 'Safe Families' is about supporting families before the need to go into care arises. It is going to be a very interesting service, particularly as we learn about a pilot project with the local authority here in Preston. The service will include videos, stories, interviews and examples of how God is at work at this time. If you would like to know more about either of these organisations please visit their websites:



<u>Home for Good</u> - There is a response form you can complete if you want more information from them.

Safe Families - You can contact Martin Dickson at this address if you would like to get involved in any way: martindickson@safefamilies.uk



A Prayer for Our Uncertain Times

May we who are merely inconvenienced remember those whose lives are at stake. May we who have no risk factors remember those most vulnerable.

May we who have the luxury of working from home remember those who must choose between preserving their health and paying their rent.

May we who have the flexibility to care for our children when their schools close remember those who have no options.

May we who have to cancel our trips remember those who have no safe place to go.

May we who are losing money in the tumult of the economic market remember those who have no money at all. May we who settle in for a quarantine at home remember those who have no home.

As fear grips our country, let us choose love. And during this time when we may not be able to physically wrap our arms around each other, let us yet find ways to be the loving embrace of God to our neighbours. Amen.

This week please pray for the people living in Spring Bank

Issue 40 January 24th 2021



Do you have a photo of yourself or your family watching the online service? We've had photos from 5 different people so far, which we are using on here and on our Facebook posts. It would be lovely to see some more. If you have a photo you

don't mind sharing please send it to: administrator@ststephenspreston.org.uk

Please remember that these photos will be shown on Facebook & put in this newsletter, which can be seen on our website.

Lent 2021

Blackburn Diocese have produced a booklet to take us through Lent entitled **'Read, Mark & Learn'.** The

focus will be on Mark's Gospel and will take in every verse, with contributions from both clergy and lay-people. This has been written for all church members, and will be especially valuable as we are unable to meet together in person as we would normally do. It will also be available in large print. If you would like one



of these, please <u>contact the office</u>.

Please say if you would like a large print version





Covid - Isolating at Home

Preston Council have sent us some information which may be helpful for anyone who thinks they might have Covid and is self-isolating at home. This includes the following:

- If you suspect you might have Covid you must self-isolate at home
- Assume you have Covid until a test shows you don't
- Others in your household should isolate with you for 10 days as they may also have Covid
- For more information see the NHS website <u>here</u>
- If you need help from a volunteer for shopping, picking up prescriptions, etc <u>click here</u> or ring 0808 196 3646 (8am - 8pm 7 days a week)
- If you have symptoms call 119 or visit gov.uk to arrange a test - this should be done as soon as possible
- Get family & friends to check in with you regularly. Speaking to someone on the phone will help them to see if you are becoming more breathless & should seek medical help.



Contact NHS III If you experience any of the following COVID-19 symptoms, you should contact III as soon as possible - online at www.III.nhs.uk or by dialling III on your phone.

- Feeling breathless or difficulty breathing, especially when standing up or moving
- Severe muscle aches or
- tiredness
- Shakes or shivers
- Sense that something is wrong (general weakness, severe tiredness, loss of appetite, peeing much less than normal, unable to care for yourself – simple tasks like washing and dressing or making food).

CLICK HERE TO READ THE WHOLE GUIDE

If you have a story, joke, prayer request, something to give thanks for, or anything else that you'd like to share with others, please send it to Alison in the office & we'll include it in this newsletter



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Book Review

Living a faithful Christian life will always hold the possibility of trouble and difficulty, but how do you cope when the troubles come one after another? A chronic long-term illness, miscarriage, a difficult pregnancy and premature baby, the unexpected death



of a little girl, a child suffering with mental illness, all against a background of struggles with finances and so many other things that 'dark times' seems a fearfully inadequate description. It is one thing to read of such things in the life of perhaps a missionary or some great saint, but how does an ordinary family in an ordinary city in the UK cope?

Keren's story will certainly move you, but it will also encourage you. As she says, This is our story. A tapestry of God's goodness and grace in dark times. We haven't finished this struggle but continue as others do ... I hope that whether it's your tears or your tears on behalf of someone else, this book will make you wonder at the care and compassion of God, contrasting your helplessness with his sovereign power. His all enabling power can lift you so that, with his help, you can meet each day with the strength to go on.

You can buy this for \pounds 3.49 (half price in the sale) at 10ofThose by clicking <u>here</u>

Have you read a book that you have found helpful recently? Would you like to recommend it to others? <u>Send a short review to the office</u> & we'll include it in here



A free phone line of hymns, reflections and prayers

