

Parish of Esher

Christ Church, Esher with St George's, West End

Covid 19 (Coronavirus)

PARISH Resources & Help

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Prayer Resources

Keeping our faith during these difficult days

"We may not be able to pray with people in the ways that we are used to, but we can certainly pray for people."

The Most Reverend Justin Welby, Archbishop of Canterbury

This document outlines some of the activities that the Parish of Esher is undertaking to help people 'keep the faith' at this difficult time, and also provides a list of resources for use to enable worship, prayer and reflection at home.

At Christ Church

Christ Church will be open for prayer and reflection everyday between 9am and 5pm. We are in the process of setting up some resources in the Church for people to use when they visit (these will most likely be in the form of little cards propped up on the pew shelves so that there is no need to touch anything!) The prayer tree in the main church and the prayer request box in the Lady Chapel will also remain available for use. They will be checked regularly and requests disseminated via our e-prayer group.

E-prayer group

We have set up an e-prayer group which is open to all to join. You will be sent an email twice a week (on Wednesdays and Sundays) which will include prayer and meditation ideas, and specific prayer requests coming from within our Parish (and beyond), including requests left on the prayer tree at Christ Church and in the prayer boxes in the churches.

If you would like to be part of this group, please email prayer@esherparish.org.uk and we will add you to the distribution list.

If you do not wish to join the –e-prayer group, but would like to submit a prayer request, please use the email address above and this will be shared with the next e-prayer mailing.

Day of Prayer and Action – Sunday 22nd March 2020

The Archbishops of Canterbury and York, along with fellow church leaders, have called for a day of prayer and action this coming Sunday - Mothering Sunday (22nd March). They said:

"Mothering Sunday has always been both a day of celebration for many and a sensitive and emotional day for some. Wherever you are this Sunday please do join in this day of prayer and action and remember especially those who are sick or anxious, and all involved in our Health Service.

As one action, we are calling on everyone to place a lighted candle in their window at 7.00 p.m. as a sign of solidarity and hope in the light of Christ that can never be extinguished."

Live stream services

A number of churches are now live-streaming their services. Visit the webpages of the churches below for more details of when the services are, and how to watch them:

St Martin-in-the-Fields, London

Morning prayer – 8.30am Monday to Friday

Lunchtime mass – 1.00pm Monday to Friday

Eucharist – 10am Sundays

<https://www.facebook.com/stmartininthefields>

Deddington Parish Church, Oxfordshire

All services streamed on ChurchTV including morning prayer daily, 8.45am – 9.15am

https://www.youtube.com/embed/live_stream?channel=UCPK8WNNKcO1upHOxmhiFrDRQ

St Mary-the-Virgin, London

Webpage includes a link to service times in their calendar.

<https://www.stmaryskenton.org/live-church-webcam/>

Online resources

There are a number of online resources which parishioners may wish to make use of, and include websites, apps for smart phones and tablets, and access via smart speakers (Alexa and Google Home). A selection is listed below and will also be posted onto the Parish of Esher website for ease of reference. We will also put details on the Parish website of “practical” resources which people may find useful.

Church of England resources

Prayer and Liturgy for use during COVID-19

The Church of England has created a new web resource page containing prayers and intercessions for personal use and with children, and a simple form of prayer for the morning and evening, which can be downloaded, printed, and shared with those unable to access the Internet.

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-liturgy-and-prayer-resources>

Prayer for the day

<https://www.churchofengland.org/prayer-and-worship/join-us-daily-prayer/todays-prayer>

Morning, during the day, evening and compline prayer

<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

Time to Pray app (free)

The Time to Pray app can be downloaded to smart phones, tablets and iPads and provides everything you need for daily prayer, with variations according to the day of the week and the season of the Church’s year. As of March 2020 this app is now free to use. Simply follow the on-screen instructions or download from your App Store.

<https://www.chpublishing.co.uk/apps/time-to-pray>

Apps for smartphones and tablets/iPads

A number of apps for use including Daily Prayer, Common Worship Lectionary, Live Lent: Care for God's Creation, Reflections for Daily Prayer, Reflections on the Psalms, Sunday Worship and Thy Kingdom Come.

<https://www.chpublishing.co.uk/apps>

Using Church of England resources with Alexa and Google Home

The smart speaker skill enables millions of users to ask the Church of England for prayers and explanations of the Christian faith, information on live-stream services and more.

If you use Alexa, just say:

"Alexa, open the Church of England"

If you use Google Home, just say:

"Hey Google, talk to the Church of England"

Other resources

Bible in One Year

The popular, free, Bible in One Year app, with Bible readings by David Suchet and commentary by Nicky and Pippa Gumbel, is now also available via email. Visit the website below to find out how to download to your smartphone or tablet, or to sign up for the email alerts.

<https://www.bibleinoneyear.org/>

The Bible Society – Daily Reflections

Bible Society's Daily Reflections follow the M'Cheyne Bible reading plan, designed for those who want to read the whole Bible in one year. Each reflection focuses on one of its four daily chapters.

<https://www.biblesociety.org.uk/explore-the-bible/daily-reflection/>

Message from the Bishop of Guildford

Read or listen to the Bishop of Guildford's message, published following the announcement of the postponement of church services:

<https://www.cofeguildford.org.uk/whats-on/news/detail/2020/03/18/covid-19---a-message-from-the-bishop-of-guildford>

A prayer for use during the COVID-19 outbreak

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.
Armen

Self-Isolation Resources & Help

Information, helplines and ideas to stay connected and relieve boredom during social distancing and self-isolation

Local information and support

Surrey County Council – Coronavirus Community Helpline

Tel: 0300 200 1008 (Monday to Friday, 9am to 5pm)

Surrey County Council – Coronavirus webpages

<https://www.surreycc.gov.uk/people-and-community/emergency-planning-and-community-safety/coronavirus>

For official advice and information:

<https://www.surreycc.gov.uk/people-and-community/emergency-planning-and-community-safety/coronavirus/latest-information-and-advice>

For information about community support:

<https://www.surreycc.gov.uk/people-and-community/emergency-planning-and-community-safety/coronavirus/community-support>

For information on council services:

<https://www.surreycc.gov.uk/people-and-community/emergency-planning-and-community-safety/coronavirus/council-services>

For ideas and support during self-isolation:

<https://www.surreycc.gov.uk/people-and-community/emergency-planning-and-community-safety/coronavirus/self-isolation-help-and-support>

The Hersham Hub

The Hersham Hub are a local organisation who have set up a 'helpline email', and coronavirus support pages on Facebook and on the web. The Facebook pages in particular can generate some helpful information on local service offerings.

Email: help@thehershambhub.co.uk

Facebook: <https://www.facebook.com/groups/elbridgecoronavirussupport/>

Web: <https://thehershambhub.co.uk/elbridge-coronavirus-support/>

Support for all ages

Elbridge Coronavirus Community Helpline (Monday to Friday, 9am to 5pm)

Tel: 0300 200 1008

Age UK (8am – 7pm, every day, all year)

Tel: 0800 678 1602

Web: www.ageuk.org.uk

ChildLine (24 hours a day)

Tel: 0800 111 111

Web: www.childline.org.uk

MIND (9am – 6pm Monday to Friday)

Tel: 0300 123 3393

Email: info@mind.org.uk

Text: 86463

Web: www.mind.org.uk

Refuge – national domestic abuse support for women, men and children (24 hours a day)

Tel: 0808 2000 247

Web: www.refuge.org.uk

Samaritans (24 hours a day)

Tel: 116 123

Web: www.samaritans.org

Silverline (24 hours a day)

Tel: 0800 4 70 80 90

Web: <https://www.thesilverline.org.uk/>

Staying connected using the internet

These useful websites can help you to stay connected with family and friends, and even to hold virtual playdates:

Zoom

<https://zoom.us/>

Zoom allows for simple, easy setup meetings or regular meetings in your personal meeting room. Quickly create and share a private meeting link with an individual or group.

Free Features:

- Host up to 100 participants
- 1-1 and group meetings
- Unlimited meetings
- HD video and audio
- Screen sharing
- Scheduled meetings
- Private and group chat

Webex

<https://www.webex.com/>

Good web interface, takes 48 hours to setup whereas Zoom is instant.

Free Features

- Up to 100 participants in each meeting
- Meet as long as you want
- Unlimited number of meetings
- Call-in for audio
- 1 GB of cloud storage

Skype

<https://www.skype.com/en/>

Easy to use and simple to setup.

Free Features:

- Up to 10 people on video calls
- HD video calling
- Screen sharing
- Video call recording
- Interactive video chats
- Location sharing

Slack Video

<https://slack.com/intl/en-gb/video-conferencing>

Good for smaller groups. Pretty easy and smooth to run.

Free Features:

- Group calls of up to 15 people
- Individual calls
- Messenger

Google Hangouts

<https://hangouts.google.com/>

Google Hangouts is a simple way to connect with Google contacts. But is limited to Google contacts.

Free Features:

- Up to 25 video participants
- Video, audio, and messenger conversations
- Video meeting recordings
- Join calls using Google Calendar
- Screen sharing

Ideas to keep you occupied

You can download e-books, audiobooks and e-magazines from Surrey libraries:

<https://www.surreycc.gov.uk/libraries/borrow-or-renew/ebooks-eaudiobooks-emagazines>

Surrey's online reference library has a huge collection of information sources, ranging from historical newspapers to a music streaming service:

<https://www.surreycc.gov.uk/libraries/learning-and-research/adult-online-reference-shelf>

Surrey's online library is free to use. If you are not a member you can join online:

<https://arena.surreylibraries.org/web/arena/selfregistration>

YouTube have great "how-to" guides to learn new skills, like knitting, learning a new language or even beginners yoga:

<https://www.youtube.com/channel/UCdxfpofrl-dO6oYfsqHDHphw/featured>

The Open University are offering free online courses:

<https://www.open.edu/openlearn/>

Amen.