

March 29th
2020

HEXHAM ABBEY NEWS
Volunteers • Congregation • Staff



HEXHAM ABBEY

HERITAGE • WORSHIP • COMMUNITY

CORONAVIRUS

In line with government guidance, the Abbey is currently closed, but our worship of God and our care for each other continue.

The Daily Offices are being said in private by our clergy and vergers, and our website, Twitter and Facebook pages are regularly updated with prayer resources and community news:



www.hexhamabbey.org.uk



www.facebook.com/HexhamAbbey



www.twitter.com/HexhamAbbey

We are finding new ways of staying in touch with those who are isolated and vulnerable and we are encouraging everyone to worship in solidarity with one another, even while it is not possible to gather in church. So, please keep in touch with one another by phone, letter, email or social media; pray for one another and for the world; and remember the most vulnerable and those who put their own lives at stake to care for others.

**For urgent pastoral needs, contact the Area Dean, Rev'd Jeremy Thompson:
phone 01434 600 268
email revjjtt@gmail.com**

Now that we cannot attend church, Archbishops Welby and Sentamu are encouraging all of us to tune into TV and radio worship, including:
Sunday Worship, 10.45am Sunday, BBC1
Daily Service, 9.45am Mon-Fri, BBC Radio 4 longwave
Sunday Worship, 8.10am Sunday, BBC Radio 4

Newcastle Cathedral is streaming services via Facebook and YouTube.
More details here: www.newcastlecathedral.org.uk/services-streaming

The Church of England is streaming services via Facebook, Twitter and its website at: www.churchofengland.org

*Fear not, for I am with you.
Be not afraid, for I am your God.
I will strengthen you, I will help you.
I will uphold you with my victorious right hand.*

Isaiah 41:10

#StayHomeSaveLives

HEXHAM COMMUNITY TOGETHER

This is a unique collaboration between our county and town councils, bringing together local organisations to coordinate assistance for vulnerable residents in Hexham.

Want to help?

Call 01434 609 575 or email clerk@hexhamtowncouncil.gov.uk

Need help?

If you are a Hexham resident needing assistance and you **cannot** obtain this from, for example, family, friends or neighbours, contact Hexham Community Together:

tel 01434 600 599 (select option1)

email lizp@adapt-tyndale.org.uk

• Hexham Community Together is **not** an emergency service and does not in any way replace existing welfare and other services.

WEST NORTHUMBERLAND FOOD BANK

The food bank's three sites are closed to the public at present, but it is still running a delivery service for those who find themselves in poverty at this difficult time.

If you need food support, please contact the food bank direct:

tel 01434 700 068

text 07958 000 719

email getintouch@westnorthumberlandfoodbank.org.uk

website www.westnorthumberlandfoodbank.org.uk

Facebook www.facebook.com/West-Northumberland-Food-Bank-1377804445775296/

You can support the food bank by topping up supermarket donation points and donating online at www.westnorthumberlandfoodbank.org.uk/donate

Dealing with **Loneliness** and **Isolation: FIVE TOP TIPS**



1. Pray – light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.



2. Talk about how you feel.

This may be difficult if you are self-isolating, but use the phone, internet and social media. If you need to contact a counsellor, this can be arranged by your GP, local agencies or privately. Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.



3. Focus on the things that you can change, not on the things you can't.



4. Look after yourself – physically, emotionally, spiritually.

Plan things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.



5. Look after others – even if only in small ways, but do what you can:

a smile, a kind word, writing a letter or an email.

RESOURCES

Not being able to use our church buildings is a huge loss to us all. Nationally, the Church is making a growing range of digital resources available, including video broadcasts each Sunday, daily audio for the day and night prayer, daily #LiveLent content, new mental health reflections, and app and smart speaker content. Much of this content is also available in downloadable and printable formats which, if you can, you may wish to print out and post to friends and family who are not able to access the internet.

Read your Bible

For many, the simple act of reading the Bible can be an enormous source of comfort and inspiration. But where to begin? You can of course simply start at the beginning, or you may prefer to choose one book to focus on, reading a little each day and reflecting on that before moving on. You might start with the Gospel of John, which vividly describes the life of Christ, and then move onto the other gospels – Matthew, Mark and Luke. Philippians, Ephesians and Colossians provide practical encouragement for living the Christian life, and Psalms is filled with prayers that offer encouragement for every season of life.



The Church of England

If you are able to access the internet, the Church of England provides numerous prayer resources, including the Daily Offices, via its website and various apps.

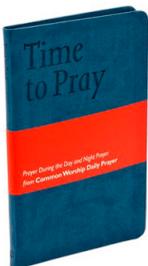
For an overview, visit the Church of England website:

www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer



Time to Pray app

The Church of England has now made the Time to Pray app free. It provides a pattern of prayer and daily Bible reading that is simple yet profound, helping you to create and enjoy a regular time with God each day.



Common Worship: Time to Pray

If you prefer a book to websites and apps, this book contains a simplified Daily Office: a pattern of prayer, praise and daily Bible reading that is simple, fresh and accessible.

It includes Prayer During the Day, Seasonal variations, Night Prayer and selected psalms. **£12.99 (book)/ £9.74 (ebook) at www.chpublishing.co.uk**



The Lectionary

The Church of England Lectionary app presents the daily Common Worship lectionary readings in full with dynamic links to the Bible passages (NRSV).

The first week's worth of content is free and the app is **£4.99 per year** thereafter.

Alternatively, you can buy the Lectionary in book form and use it to direct your daily bible readings. **£4.99 (book and ebook) at www.chpublishing.co.uk**



Supporting good mental health

The Church of England has published a newly updated set of 13 daily reflections in support of mental health. Written by Professor Chris Cook and accompanied by “have a go” habits developed by Ruth Rice, this free guide features guidance, Bible readings and inspiration for those struggling with issues including loneliness and anxiety. You may wish to print and post this to friends who do not have access to the internet.

Free to download at www.churchofengland.org/faith-action/mental-health-resources/supporting-good-mental-health

FROM THE CLERGY

Our clergy are unable to worship with you at this time, but they are praying for us all and providing regular thoughts and prayers for this weekly update and our Facebook and Twitter pages. Here are some thoughts from them for this week:

Thoughts for the beginning of Passiontide

No one, I guess, will want ever again to live through a Lent like this! All of us, whatever our faith or disbelief, have been compelled to keep a Lent of growing deprivation. It's not just giving up sugar or cream cakes this time, it's worrying about the shopping and being unable to see our loved ones and, for many, within our own Abbey community, having to postpone baptisms and weddings or curtail funerals.

This Sunday, Lent changes gear. Day by day over the next two weeks we draw ever closer to the Cross. Our worship asks us to be ever more aware of the darkness gathering around our Lord until on Good Friday afternoon "there is darkness over the whole land" (Mk. 15.33) and our Lord dies. Evil seems to have won.

Why do we proclaim this story as Gospel? As Good News? As hope for all? Because Christ is Risen.

Were we able to gather in church this Sunday we would proclaim the Gospel of the raising of Lazarus. Jesus reveals himself as Resurrection and Life - right now. In Christ the power of evil and death is broken. Christ still goes to the Cross. The darkness still threatens. But in the end, in the end, comes Easter.

Rev'd Canon Philip Cunningham

An extract from compline

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. Amen.

A prayer for all those affected by coronavirus

Keep us, good Lord,
under the shadow of your mercy.
Sustain and support the anxious,
be with those who care for the sick,
and lift up all who are brought low;
that we may find comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord. Amen.

A child's prayer for the world

God of love and hope,
you made the world and care for all creation,
but the world feels strange right now.
The news is full of stories about Coronavirus.
Some people are worried that they might get ill.
Others are anxious for their family and friends.
Be with them and help them to find peace.
We pray for the doctors and nurses and scientists,
and all who are working to discover the right medicines to help those who are ill.
Thank you that even in these anxious times, you are with us.
Help us to put our trust in you
and keep us safe. Amen.

#StayHomeSaveLives