

St. George's
United Reformed Church
Little Sutton



8th May 2020



Welcome to Virtual St George's News Sheet

Message from the Mersey Synod Moderator

Creative coping mechanisms

God made an amazing and spectacularly diverse world and God made each of us in God's own image (Genesis 1). It follows that we too are a varied bunch, just like Jesus' first disciples were. So, each of us will be reacting differently to being in lockdown, to the changes in our worship patterns and to the new ways that we need to use to keep in touch. Consequently, each of us will be finding different ways of coping. One of the ways in which we can support one another is simply to recognise that and to encourage each other to do what works. As in so many situations, there is no right or wrong answer. One of the more creative coping mechanisms that I've seen is the painting that Alan Wise, one of our retired ministers is doing (see above). My own physical exercise and puzzles involve far less creativity, but they work for me. What are you doing today that is just for you? We may be restricted just now, but we are still called to love ourselves as well as to love others (Mark 12.31). May God bless us as we care for others and for ourselves.



Revd Jacky Embry

Photos

If anyone has spent their time on interesting cooking, crafts gardening or reading, and has access to a smartphone, then please email or WhatsApp a photo so we can have a display.

Printed Service

Our friend Revd Chris Davies has again provided a written service for Sunday – please ask if you would like a copy.

Good News - Liverpool and Chester URC Food Services

Some churches in Liverpool and some in Chester have found a way to provide food for vulnerable people. In south Liverpool, the URC is delivering a weekly two-course meal to about 20 households, with careful hygiene and physical distancing precautions. In Chester meals are delivered on Fridays to vulnerable people by a team of volunteers, and on Tuesdays to homeless people in temporary hotel accommodation. In each case a small team of able and dedicated people have access to facilities to make this happen, with help from other groups who can source the raw materials. In addition, a Girls Brigade in St Helens have been delivering a food and basics package to vulnerable older people in their area.



Prayer Topics

This month, you could pray:-

- Pray for the place where you live – your street, estate or community;
- Give thanks for postal workers and delivery drivers;
- For school teachers, parents and children;
- For scientists and research workers trying to find new treatments and vaccines for the coronavirus;
- For yourself – remember that God loves you.

Suggestions for our Prayer Topics?

Please pass your ideas on to David or Christine.

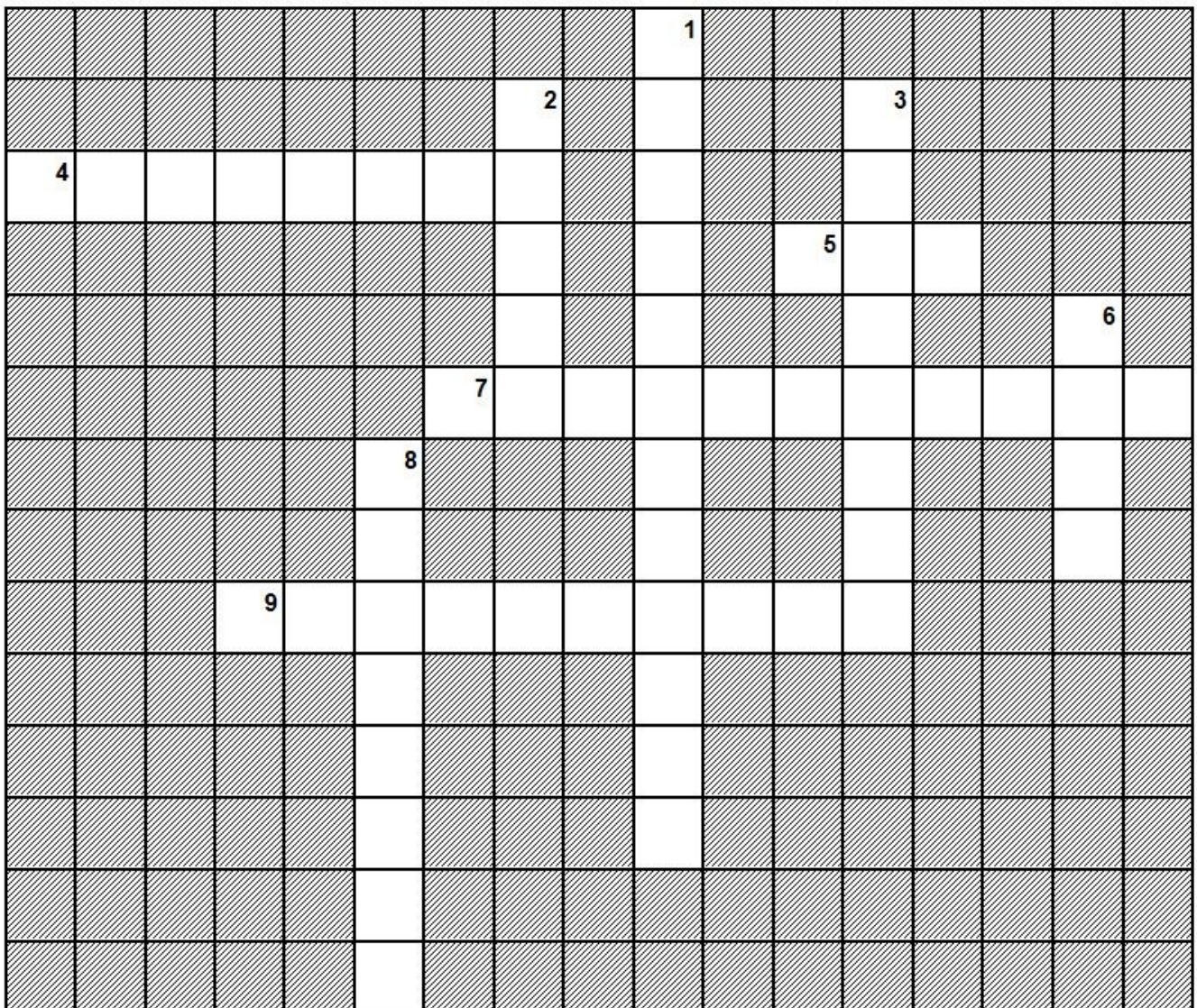
Virtual Coffee Morning

We would like to hold another “virtual” Coffee Morning on **Saturday 16th May**. Please make a note of the date.

A Spiritual Basket of Fruit

This short crossword is based on the fruits of the spirit (see *Galatians 5*), but to make it a little harder, the clues are not in order!

- Cherish, adore (4)
- Delight, happiness (3)
- Forbearance, calmness (8)
- Goodwill, generosity (8)
- Loyalty, dependability (12)
- Restraint, level-headed (4-7)
- Stillness, quiet (5)
- Tenderness, compassion (10)
- Virtue, righteousness (8)



Answers next week

(The clues come from a Thesaurus)

Foodbank update

The West Cheshire Foodbank, based in Ellesmere Port, is very busy at the moment.



To reduce physical contact, the old paper voucher system has been replaced with online e-vouchers, and food is distributed in pre-packed food parcels from a small number of new distribution centres in Ellesmere Port, Neston, Lache and Blacon.

Larger supermarkets often have donation trolleys for food donations, which are still very much needed – there are particular shortages of **instant mash, cup-a-soup, UHT fruit juice, tinned meat, tinned potatoes, and bottles of fruit cordial/squash**. Financial contributions are also welcome for running costs and to buy any special food which has not been donated – the easiest way is online at westcheshire.foodbank.org.uk

Christian Aid

Christian Aid Week runs from 10-16 May this year. Door-to-door collections would not be practical or safe at the moment, so



Christian Aid's main fundraising event of the year will be badly affected. If you wish, donations can be made online at christianaid.org.uk. Alternatively, if you wish to give, put money aside in an envelope and we can send it to *Christian Aid* once the lockdown is over.

Pastoral Emergencies

For pastoral emergencies, please contact David who can put you in touch with a Minister.

Contact Details: Website: stgs-urc.org.uk

Secretary: David Shimmin

email: secretary@stgs-urc.org.uk