

# Ardeer Parish Church 1/w Livingstone Parish Church

Wednesday 17<sup>th</sup> March 2020

## Church Services Cancelled

The Church of Scotland COVID-19 Task Group have asked that we cancel all services of worship with effect from Wednesday 17<sup>th</sup> March 2020 until further notice. This includes Sunday worship services, care home services and all Easter Services.

We have not been here before and so we're now in a situation where we have to find some way forward; a way in which we can keep some form of contact with each other and also some way in which we can have a regular time to worship. This letter will go through some of the options, some of the things that we can volunteer to do to help others and how to get some help if you're struggling on your own.

### SUNDAY MORNINGS

Keep watching the Livingstone Church website for recorded services for you to take part in at home. The format will be familiar, following the order of a Sunday morning service: praise, prayers, Scripture and an address. New recordings will be available every Sunday.

[www.livingstonechurch.org.uk](http://www.livingstonechurch.org.uk)

### Update

As of Tuesday 16<sup>th</sup> March, all the youth organisations nationally had suspended all meetings and activities. Both Guilds had already cancelled their meetings and it was clear that any activities being carried out in the church buildings would have to be cancelled: this means that we would not be able to continue with the Get Together, Badminton, Craft Group or any other meeting after this week.

Events have overtaken us and with effect from Wednesday 17<sup>th</sup> March all activities must be suspended.

## Our Responsibilities

All the guidance being issued stresses the importance of our responsibility to slow the spread of Covid-19. This starts with our hygiene and washing our hands frequently and for at least 20 seconds each time. We also need to reduce social contact and that means spending much more time in our own homes. On the back page there's a list of activities which are high risk and to be avoided, things which we can do with caution and a list of low risk things. One of the things we can all do though is to pray.

## Church online




As well as the pre-recorded services available on Sunday mornings, there will be an opportunity to take part in online services through, initially Zoom software, which can be downloaded and used freely. This operates basically in the same way as Skype and Facetime but has a few extra functions which would help with the meeting. To take part, you need to let Dave know that you want to be involved so that you can be emailed an invitation to join the meeting at the right day and time.

## Volunteers needed

We're looking to try to help each other through this time and so we're looking for some volunteers who might be able to help others by getting some messages, picking up prescriptions and keeping in touch with them. We'd also like to ask elders to keep in touch with those in their districts; that contact can be by phone, Skype, facetime, Facebook Messenger or email. So if you can volunteer, or you need some help, please let Dave, Sandy or Kay know.

### SOCIAL DISTANCING GUIDELINES

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.



AVOID	USE WITH CAUTION	SAFE TO DO
Group Gatherings Sleep Overs Playdates Concerts Theatre Outings Athletic Events Crowded Retail Stores Malls Workouts in Gyms Visitors in your house Work Colleagues in your house Public Transport	Visit a local Restaurant Visit Grocery Store Get Take Out Pick up Medications Play in a Park Visiting the Library Church Services Traveling	Take a Walk Go for a Hike Gardening Clean out a Closet Pray & Meditate Read your Bible Watch or Listen to online Church Services and Sermons Read a Good Book Listen to Music Cook a Meal Family Game Night Go for a Drive Group Video Chats Stream a favourite show Phone family and friends Check on a Friend Check on Elderly Neighbour

**Dave:**

Tel. 608993

Mobile: 07801821515

[DSutherland@churchofscotland.org.uk](mailto:DSutherland@churchofscotland.org.uk)

**Kay:**

Tel. 470008

**Sandy:**

Tel: 466293