

My final “borrowed” prayer was written by the remarkable St Francis De Sales. This 16th Century French Saint was known by his optimism and he was called the “Gentleman priest”. He achieved great things in his life (made a Doctor of the Church) but he is remembered for his encouragement to those in need or fearful. I find this prayer particularly beautiful:

*Do not look forward in fear to the changes in life;
rather, look to them with full hope that as they arise,
God, whose very own you are,
will lead you safely through all things;
and when you cannot stand it, God will carry you in His arms.*

*Do not fear what may happen tomorrow;
the same understanding Father who cares for
you today will take care of you then and every day.*

*He will either shield you from suffering
or will give you unfailing strength to bear it.
Be at peace, and put aside all anxious thoughts and imaginations. Amen.*



St. Mary's Extra Newsletter

Coronavirus - Parish Help, Advice and Support

Please continue with these additional notices and see if you would like a helping hand or can be someone to offer help in these unusual times.....



Fr Peter writes: In time you will come to realise that I am a spiritual magpie: I go around and I take prayers. The following by St Teresa of Avila is a favourite which stirs me into action. I am sure it is very familiar:

"Christ has no body now but yours. No hands, no feet on earth but yours.

Yours are the eyes through which he looks compassion on this world.

Yours are the feet with which he walks to do good.











Yours are the hands through which he blesses all the world.

Yours are the hands, yours are the feet, yours are the eyes, you are his body.

Christ has no body now on earth but yours."

If you are a bit worried by symptoms, this handy chart will help you discern if you have a cold, the flu or Coronavirus.

Current government guidelines are that if you have a fever (a temperature of 37.8°C or higher) or a new and persistent cough, please self-isolate for 7 days.

Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common* (usually dry)	Mild	Common* (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

Another favourite prayer is one from St Patrick, who we will commemorate on Tuesday. A remarkably brave and charismatic man, his life and witness led to a nation shifting from pagan traditions to the truths of Christianity. He was fearless and totally trusted God. The following prayer attributed to St Patrick seems very adapt in light of our understandable fears and worries:

God’s might to uphold me, God’s wisdom to guide me,
God’s eye to look before me, God’s ear to hear me,
God’s word to speak for me, God’s hand to guard me,
God’s way to lie before me, God’s shield to protect me,
God’s host to secure me, Christ to protect me today.

Amen.

If the next few weeks cause us to worry, let us keep these prayers close at hand, to calm our minds and place our fears into God’s compassionate presence.

Might you NEED help:

Do you live alone or have no support nearby? If you find yourself ill and needing to self-isolate, would you be grateful for practical support (e.g. food/medicine deliveries)? If so, please complete the tear off slip below **now** and return to the presbytery. Then, in the event you become ill and need help please call this number: **07592 183 178**

Could you BE help:

We are going to need some volunteers to ring those living alone who are self-isolating and deliver them essentials to their doors. If you would like to volunteer, please complete the tear off slip below and return to the presbytery. Also please remember to support the Foodbank if possible - see main newsletter for details

For those who may need support:

Name:.....

Address:.....
.....
.....

Have you any food allergies.....

Contact Telephone Number:.....

Protecting your privacy – These personal details will be stored and used by the parish for the purposes of visiting you if you request a visit. I/we consent to these details being used and shared as above.

For those who would like to help:

Name:.....

Address:.....
.....
.....

Contact Telephone Number:.....

Protecting your privacy – These personal details will be stored and used by the parish for the purposes of arranging visits. I/we consent to these details being used and shared as above.

Signed
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