

ST MICHAEL'S COMMUNITY UPDATE

No 21: 20.5.20

INTRODUCTION

- During the present situation we intend to send out an email letter with news, a thought for the day, medical advice and an 'always look on the bright side' item.
- If you want to be removed from this mailing list please let me know.
- If you have a friend or neighbour who would like to receive this please forward their details.
- If you are able and willing to print these and deliver to someone living nearby without email can you please let me have their names so that I know they are included.
- I also invite you to send in items, especially humorous ones!
- For all correspondence please use office@stombsands.org

STAND UP FOR THE NHS

To reinforce Lucy's 'Don't be a couch potato' article in the 6th May newsletter, Move It or Lose It (the organisation I did my training with) are setting us all a challenge. In my classes we do an exercise called 'Sit to Stand'. This is a great exercise to keep the big muscles in our legs strong which in turn helps us to stay mobile and independent.

Move it or Lose it are setting us all a challenge to 'Stand up for the NHS'.

By staying as fit and healthy as we can we are helping the NHS.

Please read the link below and join in the challenge!

<https://www.youtube.com/watch?v=Ai8k-x9nCmo>

Let me know your best score each week and we can publish the winners here!

Margaret (margaret.short@moveitorloseit.co.uk)

ZOOM QUIZ

On Friday 22th May at 7pm we are holding another Quiz Night by Zoom. This should be good fun and a great way to keep in touch. The whole event will last only 40 minutes, the length of a Zoom meeting.

Richard Kemp is our quizmaster and he will be setting 15 general knowledge questions. We are also planning a 'name that tune' section by Rachel. There will be a prize for a person playing on their own, and another for those in groups of 2 and above. Clearly there can be no use of phones, Google or books, we will just be trusting each other. Past winners will be handicapped by 2 points, so it gives everyone more of a chance.

If you want to take part send an Email to Richard at:

blundellsands@icloud.com

He will send you an email explaining how to set up ZOOM and on Friday will send another email which will be an invitation to the Quiz.

Don't be afraid to have a go - we are all learning together. Get yourself a drink, a few nibbles and enjoy the occasion.

PS. We are planning a ZOOM wine tasting evening- watch this space.

QUIZ: LIVERPOOL DISTRICTS: Submitted by Margaret, Eileen and Michael
Example> an angry bee = Crosby. Each place appears only once in the answers.

1. Shake a bush
2. Bullied
3. Ageing bird
4. Name of mints
5. Hard rain
6. Talk
7. Racket from a sea bird
8. Alligators cousin dies
9. Peace bird's bed
10. Ring a ding- meadow
11. Munch the stream
12. Enterprise captain in the meadow
13. A very heavy sheep's fleece
14. Tall weight
15. Cold bricks
16. H2O W.C
17. A girl's name with paddock
18. Iron baby's bed
19. Stalks with anger
20. Compass point-horse race
21. Sharp rain-forest
22. Famous American TV family
23. Tarker's bath
24. Horse, famous for recovering from bomb injury
25. Border-raised ground
26. Entrance-wide area of land
27. Scottish church with a small valley
28. It's prickly and heavy
29. Item of footwear - sick
30. Wide-mix of yellow and blue

START - GOD, JESUS, AND THE JOURNEY OF LIFE IN SIX SESSIONS

Start is an introduction to the Christian faith in six sessions, for use by any enquiring individual.
It helps people:

- think about where they are going with their lives
- grapple with questions about God, Jesus and faith
- begin to consider the good news of Jesus for themselves
- consider how they want to respond to him.

You will need to download the Worksheets for Sessions 1+2+3+4+5. These can be accessed by clicking on the following link:

[https://www.leadingyourchurchintogrowth.org.uk/data/resource_files/CoronaStart%20Member's%20Notes%20\(1\).pdf](https://www.leadingyourchurchintogrowth.org.uk/data/resource_files/CoronaStart%20Member's%20Notes%20(1).pdf)

You will need a PC, laptop or iPhone to watch by clicking on the following links:

- Week 1: https://youtu.be/pOcT_haLYDM
Week 2: <https://youtu.be/azTF9kxt4rA>
Week 3: <https://youtu.be/Hcy-ve0RI-U>
Week 4: <https://youtu.be/dR9pr0XO544>
Week 5: <https://youtu.be/QFuapm0oJUw>

WHEN WILL ST MICHAEL'S REOPEN?

The C of E recently published the following;

"We note from the Government's COVID-19 Recovery Strategy that churches could be open from July as part of the conditional and phased plan to begin lifting the lockdown. We look forward to the time when we are able to gather again in our church buildings.

"We are examining what steps we will need to take to do so safely and are actively planning ahead in preparation. We strongly support the Government's approach of continuing to suppress the transmission of the virus and accordingly, we recognise that at this time public worship cannot return in the interests of public health and safety."

The earliest date is therefore Sunday 5th July, but it is likely to be later than that and with many restrictions. Watch this space!

FACE MASKS



Phat Pierce-Jones, a member of St Michael's, has had to close down her massage business in the present crisis and has put her hand to making face masks. Phat sells these at 4 for £20. If you would like a supply, send an email to Phat : banthaithrapy@mail.com (alternatively call her mobile on 07832616711) stating how many you want and your address.

Phat will deliver them locally to your door, and collect the money which should be cash in an envelope, making sure to maintain safe distancing. Should you

wish to pay through the bank she will be happy to provide details by request.

THOUGHT FOR THE DAY by Neil



What did the Romans ever do for us?

In the period of the early church the spread of the Good News of Jesus was enabled by the cutting-edge technology of the day - the Roman Road. If Jesus had been born just a few years earlier Christians would have been unable to preach the Gospel around the then known world in relative safety and with great speed. They were however slow off the mark. It was only when persecution began in Jerusalem that they moved out from the temple and began to engage the wider community in many countries.

In the present crisis the Good News of Jesus is being spread by the cutting-edge technology of the day - the internet highway. If the crisis had happened only a few years earlier, this would not have been possible. The church has been slow off the mark. It was only the forced closure of the church buildings which forced us to go on-line in a significant way.

When the crisis is over and the lockdown lifted, it is essential that the church does not retreat behind its stone walls once again.

PRAYER

Faithful God,
who fulfilled the promises of Easter
by sending us your Holy Spirit
and opening to every race and nation
the way of life eternal:
open our lips by your Spirit,
that every tongue may tell of your glory;
through Jesus Christ our Lord.

ON LINE TALKS

I am giving a two minute talk each Wednesday on Prayer. Like many people I find prayer difficult, so in these videos I include tips on different ways to pray. To access the sixth video, click the link below.

<https://youtu.be/1iaS2xmFrvY>

For those who missed last Sunday's talk you will find it here:

<https://youtu.be/S0Hz8sJW1bE>

If you are new to accessing YOUTUBE clips and need some help, just give Margaret or I a ring on 0151 378 0332 and we will help.

QUIZ ANSWERS

Example> an angry bee= Crosby

1. Wavertree
2. Picton
3. Old Swan
4. Everton
5. Hale
6. Talk=Speke
7. Maghull
8. Croxteth
9. Dovecot
10. Dingle
11. Tuebrook
12. Kirkby
13. Woolton
14. Upton
15. Childwall
16. Waterloo
17. Anfield
18. Prescott
19. Hunts Cross
20. West Derby
21. Halewood
22. Walton
23. Otterspool
24. Sefton
25. Edgehill
26. Gateacre
27. Kirkdale
28. Thornton
29. Bootle
30. Broadgreen

ALWAYS LOOK ON THE BRIGHT SIDE OF LIFE



It is with great sadness that I have to mention the loss of a few local businesses as a result of COVID-19. A local bra manufacturer has gone bust, a submarine company has gone under, a manufacturer of food blenders has gone into liquidation, a dog kennel has had to call in the retrievers and a company supplying paper for origami enthusiasts has folded. Interflora is pruning its business and DynoRod has gone down the drain. The saddest one though is the ice cream van man found dead covered in nuts and raspberry sauce. He couldn't take it anymore and topped himself.

Submitted by Anita

Together we will get through this.

Revd Neil Short

20.5.20