

Hello everyone

Having just heard the news we've been put into Tier 3, it feels hard to remain positive at this actual moment. How will people cope financially? How long will this last? How will the lonely and isolated get by?...

I guess at the moment there's more questions than answers. I believe the real challenge for each one of us, is how do we keep our sanity in these difficult times?...

I'm currently reading a book which was written in 1997 by Eckhart Tolle entitled "The Power of Now". In it he writes of the importance of living in the here and now. This you may think is quite absurd in the current state we find ourselves in. Yet I believe now as much as in other difficult periods in history, it is vital to be present to ourselves and those around us.

We need to take one day at a time, not thinking too far ahead forward and neither looking to far behind, for the present moment is all we have. Eckhart Tolle words it much more eloquently; "The more you are focused on time -past and present - the more you miss the Now, the most precious thing there is".

Worrying about what the future may hold, won't actually help us and as one of my wise church wardens once said; worry about the things you can change and not the things you can't. Each one of us needs to do our own personal risk assessment, stay safe and keep our distance keeping others safe in the process. Each one of you is deeply loved by God and God continues to love and hold you whatever life throws your way.

Take care of your precious selves.

Blessings

Revd Huw

All Souls Service, 6 p.m. on Sunday 22nd November

Our All Souls' service offers people an opportunity to remember those they love but have died, whether the loss is recent or long ago. If you would like the name of a loved one who has passed away to be read out in the All Souls service, please send an email message to us before Friday 20th November via www.stmichaelsflixton.org/contact

Deep clean of St Michael's Church building on Sunday 25th October

Thank you to everyone who volunteered to clean the church in preparation for the baptism services we are now holding. It is much appreciated and a rota has been prepared taking us to Christmas.

We are looking at giving the church a one off deeper clean as it has been a while since we have been able to Spring Clean the building. It will involve wiping down the pews and mopping them out, hovering, cleaning the brass and polishing. We are hoping to get a cleaning party to help out with this after the 10.15 am service on Sunday 25th October 2020. Obviously, the more we can get the better and quicker we can get it done. Cleaning materials will be provided.

Please let me know if you are able to help out on this day by emailing me, Lynda Sandbach, at lyndasandbach@gmail.com or ringing me on 07929658347.

Friday night prayer with Rev Fiona

Rev Fiona's night prayer services are taking place on a weekly basis at 9 p.m. each Friday. You can watch live, and comment if you wish, by visiting our Facebook page at www.facebook.com/StMichaelsFlixton

You can watch previous week's recordings on our [YouTube channel](#).

Latest coronavirus information and how this affects services being held inside St Michael's Church building

Rev Huw has requested that you all regularly 'keep an eye on' the latest advice being issued by The Diocese of Manchester and The Church of England on the current coronavirus situation. You can do this in the following ways:

- [Diocese website](#)
- [Diocese Facebook page](#)
- [Diocese Twitter page](#)
- [Church of England website](#)
- [Church of England Facebook page](#)
- [Church of England Twitter page](#)

Sunday morning services within our Church building

These services are taking place at 10.15 a.m. If you are attending for the first time, please ensure you have read the coronavirus advice and information which is available on the [St Michael's website](#). They are not normal St Michael's Holy Communion services. It will be a shortened service, with Communion offered in one form only, and there will be no singing.

Please make sure you arrive in good time to be guided to your seats. The great news is our congregation is increasing in our building, but unfortunately there is a maximum number of people we can safely accommodate due to the coronavirus restrictions. If this number is reached, sadly, you will not be able to attend the service

Please make a note that our Zoom/Facebook Live service will still be taking place, and will start at 11.30 a.m. (see below).

Sunday morning services – Zoom, Facebook Live and YouTube

The last Sunday after Trinity Holy Communion service – 11.30 a.m. on Sunday 25th October

Fourth Sunday before Advent Holy Communion Service – 11.30 a.m. on Sunday 2nd November

You'll be able to participate in this service via Zoom using your electronic device, mobile phone or landline. This service will also be available to watch via a simultaneous broadcast using Facebook Live, and later on in the day via our YouTube channel. The service is accessible by a PowerPoint presentation which is shared on the screen

The hymns on Sunday 25th October are 'Thou whose almighty word' and 'Thy hand, O God, has guided'. The hymns for Sunday 2nd November will be 'For all the saints' and 'Be still my soul'.

If you'd like to take part in our Zoom services, please subscribe to our full email newsletter at www.stmichaelsflixton.org/emailnewslettersandaskingforhelp

Other prayers and reflections

Members of the St Michael's Ministry Team are planning other prayerful, reflective and other meditative activities which we'll make available to you all via our website, social

- You raise money for us by searching on the web. If you use easysearch as your search engine you can raise £20 a year for St Michael's by completing 10 searches a day. To get started visit <http://stmichaelsflix.easysearch.org.uk/> and save it as one of your internet browser's bookmarks.

Using and setting up Zoom

Zoom can be found by visiting their website <https://zoom.us> and clicking on the 'sign up it's free' button'. Once you have completed this process, please follow the steps on the image shown on the next page.

Alternatively, online help and guidance is available via [Zoom](#) or [Gadgets Now](#). Zoom can be used via your computer, tablet, and mobile and landline phones (for audio only), and there is a downloadable app to use as well.

