



Churches Together in Cumbria June 2020

Churches Together in Cumbria now has a new strapline to accompany the God for All logo and the CT logo: 'Actively promoting God's love for everyone'.

On the pages that follow we give details of some of the ways in which the churches are seeking to do this, in these strange and uncertain days, and point to sources of information and to needs to which we may respond.

Mark's remark

Mark, as we know, is the shortest of the gospels. One thing that he does not include, unlike Matthew and Luke, is the Lord's Prayer, but in his characteristically blunt way he does give us the essence of the challenge that is presented to us in the middle of the prayer.

The LP is the staple of Christian worship. It is a constant feature of every service, whether that be held in a building or by Skype or Zoom. We all know it off by heart, though some of us may find the *thou/thy* version easier to remember than the *you/your* one. It presents us with a familiar and seemingly safe sequence of syllables.

I fear, though, that we may allow familiarity to weaken the impact of these words in particular: 'Forgive us our sins, as we forgive those who sin against us'. Because clause B ('as we forgive') follows clause A ('forgive us'), we can let ourselves think that B is a consequence of A ('Lord, as you have forgiven me, I might someday get round to forgiving other people.') The perhaps uncomfortable truth is that it is B that sets the condition for A. What we are saying, every time we repeat the LP is, 'God, please treat me the way I treat other people.' Mark puts this even more starkly: 'Whenever you stand praying, forgive, if you have anything against anyone; so that your Father in heaven may also forgive you your trespasses' (Mk 11:25).

What a difference it might make in our dealings with other people – how our faith might be transformed – if we were to listen to the words we were repeating and – even if only once – were to mean what we say.

I am writing this on Whit Monday and I reflect that all who follow Christ are Easter people who rejoice in his triumph over sin and death and are Pentecost people who are empowered by the Holy Spirit. Let us have the courage to pray the LP as the Lord intended us to pray it, and let us renew our commitment to do all that we can, through witness and prayer and social action, in good times and in bad times and in the power of the Spirit, to ensure that his kingdom may come and his will may be done.

David Richardson

Treasurer, Churches Together in Cumbria

Social Responsibility Update



During this time of lockdown which affects us all, churches remain very active in supporting their communities through action and prayer.

Many of us are reaching out to our neighbours to help with shopping, accessing church services in a variety of formats and engaging with prayer in many ways.

Social responsibility remains a priority for Churches Together in Cumbria, although we are restrained in how we can do that due to travel and other limitations. However, much is still being done behind the scenes.

Isolation and loneliness could not be more prevalent than now, and remains an overarching theme for us to address. We are in contact with Cumbria Council for Voluntary Service www.cumbriacvs.org.uk who update regularly on the many initiatives happening in our communities, and ways to get involved.

There remains a lot of interest in our Green Health initiative to use gardening and horticulture as a way of addressing mental, physical and spiritual health issues. I spoke with the newly appointed High Sherriff of Cumbria last week, who read about Green Health in our recent newsletter. Julie Barton www.highsherriffofcumbria.co.uk chose isolation and loneliness as her theme for her period in office, and is interested in the Green health approach. We hope to be able to work together in the future.

Sandra Radcliffe at Cumbria police keeps us informed about modern slavery issues though her monthly updates – please let me know if you would like to receive these.

The environment remains a high priority, and we all hear discussions about the affect of the lockdown on air quality, wildlife and other environmental issues. CTiC is part of a group comprising other church representatives across all denominations and our recently appointed Diocesan Environment Officer Dr Richard Waller. <https://www.keele.ac.uk/gge/people/richardwaller/>. I have been party to discussions considering how we address environment issues across Cumbria for churches and beyond, and we hope to play an active role in this.

If you would like to know more about any of these issues, please do get in touch.

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Social Responsibility Officer

Churches Together in Cumbria

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Anna Chaplaincy

We continue to look towards an autumn launch of Anna Chaplaincy in Cumbria.

Anna Chaplaincy is a community- based approach to chaplaincy that is concerned with the spiritual care of older people and which focuses on visiting older people wherever they may be living, be it in nursing and residential care settings, extra care schemes, sheltered housing complexes or in private homes.

It seeks to accompany older people in the later stages of their lives, helping them to reflect on their life's journey, enabling the healing of memories as well as the celebration of experience in order to foster hope and resilience.

Within the wider community Anna Chaplains have a role as advocate and champion of the contribution that older people make to society.

It is a ministry based in the local church which complements rather than replicates other existing areas of ministry.

The website www.annachaplaincy.org.uk is a rich source of information.

If you would like to find out more about Anna Chaplaincy, whether it might be an area of ministry God is calling you to, or how it might fit into the life of your church, please do get in touch with me.

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Appeal for Food Donations from the North Lakes Foodbank

With Churches and public buildings closing, Foodbanks across Cumbria will have lost many of their regular food donation sites. With shop shelves empty, it is difficult to find the food to donate to the Foodbank. This is an appeal from the North Lakes Foodbank to all those who may have donated at their local Church in the past - thank you everyone - to ask people to try and donate items of food at an alternative donation point. When the supermarket shelves are empty, so are the shelves in the Foodbank warehouse.

We are specifically asking people at this difficult time, if they are able, to donate items of food in preference to making a financial donation towards the work, because it is proving to be a significant challenge for the Foodbank to actually source the food items.

Food Donation Collection Points:

Workington: Tesco, Morrisons, Asda, Iceland, Foodbank Centre at the Bridge Centre

Whitehaven: Morrisons, Tesco, Foodbank Centre at New Life Church

Cockermouth: Sainsburys, Co-op, Cockermouth Foodbank Centre at Lorton Street Methodist Church

Wigton: Co-op, Wigton Foodbank Centre

Maryport: Maryport Foodbank Centre

Cleator Moor: Co-op

Silloth: Co-op

Egremont: Co-op, Egremont Foodbank Centre

Keswick: Booths Supermarket



To see when the Foodbank Centres are open, go to our website

<https://www.thefoodbank.org.uk/centres>

Scan down the page and look for the town and you will find all the opening details for the Foodbank Centre

You can find our weekly appeal on the home page of our website and this is updated each week with the items we are most short of.

Currently we are short of 1 ltr UHT Fruit Juice, 1 ltr UHT milk (not skimmed) Tinned Rice Pudding and Sponge Pudding.

Thank you for your support to help us help those in crisis in the local community.

COVID-19 EMERGENCY SUPPORT HELPLINE

Only for people at high risk of becoming seriously ill as a result of COVID-19, who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.

0800 783 1966 or **COVID19support@cumbria.gov.uk**

Full details can be found online at cumbria.gov.uk

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.



SUPPORT EACH OTHER
#TogetherWeCan

Cumbria County Council



**RULES
E
RISK
P
E
T
COMMUNITIES**

**RESPECT THE
RULES**

- LIMIT CONTACT WITH OTHER PEOPLE ✓
- STAY 2 METRES APART ✓
- WASH YOUR HANDS REGULARLY ✓
- NO OVERNIGHT STAYS ✓
- AVOID CROWDS ✓

**RESPECT OUR
COMMUNITIES**

**ACT RESPONSIBLY
STAY SAFE**

PLAN AHEAD



PARK
CONSIDERATELY



AVOID FARM
YARDS



TAKE YOUR
RUBBISH HOME



**RESPECT THE
RISKS**

**DON'T TAKE RISKS
ON THE FELS, ON
THE WATER OR ON
THE ROADS**



STAY ALERT > CONTROL THE VIRUS > SAVE LIVES

Serving the people of Cumbria

cumbria.gov.uk

Advice for volunteers distributing leaflets and packages from Cumbria County Council



The main route of transmission for COVID-19 remains direct spread via coughs and sneezes. The risk of COVID being transferred via materials such as card, paper and shopping bags remains very low, however in order to protect people from catching and passing on the virus, my advice is as follows:

Anyone feeling unwell, especially if they have a temperature and/or persistent cough should NOT be volunteering to deliver items to households. They should follow the self-isolating guidance and stay at home.

When delivering leaflets:

If handling and delivering leaflets, ensure you wash your hands thoroughly before doing so and again when you finish the round. Whilst delivering, try not to touch your face, eyes or mouth. Also, if you want to clean your hands more regularly, you can use hand sanitiser, or consider taking a bottle of warm water, liquid soap and paper towels with you, so you can wash your hands remotely.

Volunteers could also be offered disposable gloves as an extra precaution, but this is not specifically required.

If someone has delivered a leaflet to your house, the risk of the virus being present and able to infect someone is very low. However we recommend washing your hands after touching leaflets and other post that has been delivered (and do not touch your face, nose or mouth in between touching the items and washing your hands).

When delivering food parcels:

If handling and delivering food parcels, ensure you wash your hands thoroughly before doing so and again when you finish the round. Whilst delivering, try not to touch your face, eyes or mouth. Also, if you want to clean your hands more regularly, you can use hand sanitiser, or consider taking a bottle of warm water, liquid soap and paper towels with you, so you can wash your hands remotely.

Volunteers could also be offered disposable gloves as an extra precaution, but this is not specifically required.

If you are delivering food parcels, always leave them on the doorstep, knock the door/ring the bell, and then step back at least 2m from the door before the resident answers.

If you are delivering to a property where the residents are unable to lift the food parcel from the doorstep, a screen needs to be carried out before entering the property, to check if anyone in the household is self-isolating (due to symptoms) or shielding. In all circumstances, if you are entering the house, certain additional precautions are required and the organisation you are volunteering on behalf of, would need to risk assess the situation (based on the information regarding self-isolating and shielding) and provide you with the correct personal protective equipment if required (and ensure you are trained in how to put it on, take it off and dispose of it).

Whilst a slightly different scenario, the national guidance for domiciliary care workers is helpful in advising on PPE requirements and other infection prevention measures if you are entering someone's home: <https://www.gov.uk/government/publications/covid-19-how-to-work-safely-in-domiciliary-care>

If you are a resident receiving a food parcel, the risk of the virus being present on the items and able to infect someone is very low. However we recommend washing your hands after touching food parcel items (and do not touch your face, nose or mouth in between touching the items and washing your hands). If you need assistance with bringing food parcels into your home, it is very important that you let the delivery people know (before they are within 2 metres of you and before entering your home) if you are shielding or self-isolating due to symptoms of coronavirus (COVID-19).

Prayers from the Iona Community

**God of our lives, you are always calling us to follow you into the future,
Inviting us to new ventures, new challenges, new ways to care, new ways to touch the
hearts of all.**

**When we are fearful of the unknown, give us courage
When we worry that we are not up to the task, remind us that you would not call us if
you did not believe in us.**

**When we get tired, or feel disappointed with the way things are going,
Remind us that you can bring change and hope out of the most difficult situations**

The Iona Community



Reminder

Please remember to keep looking at the CTiC events page which is regularly updated with all the events we are notified about. Please send information before 15th June for our newsletter: ebctic@outlook.com

Find out more about the work of CTiC in our overview paper, available on the website: https://www.churchestogethercumbria.co.uk/Groups/318434/About_Us.aspx

All the information in this newsletter is published in good faith and for general information purpose only. Churches Together in Cumbria does not make any guarantee about the completeness, reliability and accuracy of this information. Nor does inclusion herein imply our endorsement of events or organisations.

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