



CMC Covid-19 Newsletter No. 1

Hello friend,

We are living in testing times indeed, but we wanted to stay in touch with everyone as much as we can, and to share worship with each other even though we may not be in the same building together. We are planning on producing and distributing these newsletters every two-three weeks whilst COVID-19 is circulating in the community, depending on feedback, and we would be grateful for any contributions to it, such as messages of how we are managing or tips of how to get through these difficult days. Not everyone who comes to Church has an email address but if you receive this in the post, but could get it by email, could you let us know, to save on postal costs. If you are a pastoral visitor and can't keep up with, or have concerns about, those in your group, or don't have a pastoral visitor available, or in fact think that we may be able to help in some way, please do get in touch with The Stewards or the Minister(s).

With love and best wishes,

The Stewards

News:

Alexis' testimony service has been postponed until 16th June 20020 at Cathays Methodist Church at 7.30pm

In The Middle of The Valley

Psalm 23 reminds us that in our lives we walk through all sorts of terrain be it green pastures, still waters or valleys. It kind of picks up on the fact that life is full of moments some easy some hard, some fun and some sad. The valley has always seemed to be to me one of disappearing down and the light fading as you move deeper into the valley until you come out the other end into glorious sunlight. I realise that might not be fair on some of the beautiful valleys of Wales but it's been a picture of valley's that I have had so forgive me.

At the moment in our self-isolation, with all that is happening with the coronavirus, the lack of any other news let alone good news on our televisions it may well feel like we are in the valley and it's not a good place to be. So, we need to remember that whatever happens there is an end to the valley and there will be an end to the virus even if it is not going to come in the very near future.

Sunday is designated the 5th Sunday in lent. It's a long way into lent which is not yet over but we know that lent is coming to an end and we will be delivered into Easter. It's like being a long way into the valley but knowing something good is coming.

The Old Testament reading for Sunday is Ezekiel 37 verses 1-14 which you may want to read alongside Psalm 23. Its entitled "The Valley of Dry Bones". I'll admit it's not an uplifting title but actually it comes to look at the world from the other side of the resurrection. Here in a vision Ezekiel is shown a world where people have died there are dry bones lying around the valley – perhaps it was a place where one of the great battles of the Old Testament times took place. It is certainly a place of despair.

Ezekiel is invited to listen to God, to trust God and speak God's words to the bones "This is what the Sovereign Lord says to these bones: I will make you breath, enter you, and you will come to life." The vision is of a physical recreation of a whole person.

I wonder what that means for us and for those we love. If I am honest, we will all be impacted by the events unfolding around us and undoubtedly at some point someone we know will be taken from us. Our hope founded on this passage and the resurrection is that our God will breath new life into the bones of those taken from us that they will inherit the new land in the kingdom of God.

Perhaps however there is something more we can claim from this passage – we can claim that hope of resurrection whilst we are part of this world and do something

with that hope. We should be asking God right now how can I use the breath you have already placed within me to offer hope to others. I love the rainbow pictures in the window of the house over the road. Rainbows drawn by the children to offer hope during this time. We are invited to do something more to be living rainbows offering hope to those who have not yet met God.

The rainbow is a sign of God's covenant with his people with the world our role is to offer hope. My ministry has become phone based and I am ringing both those who are in my pastoral care and friends who are in my personal diary. Interestingly many of my friends do not know God and yet some of them knowing of my faith are starting to ask questions that are allowing me to offer God maybe not directly but in the offering of hope. Let's all offer hope to those we are in contact with.

Blessings to you all

Revd Nick

The night shifters

We are the night-shifters:

The ones at work when others are asleep,

The team that tries to take the strain

Wherever pain has gone too deep.

We are the load bearers:

The ones who see that no one walks alone.

We're not the quick-solutionists;

Who answer with a megaphone.

We are the dawn-breakers:

The ones who trust the nightmare has an end.

We've come and we intend to stay;

We're here to heal, to hold, to mend.

We are the night-shifters:

The ones who've learnt to laugh and cry and pray.

We work here for the carpenter:

The one who turns the dark to day

Dave K

Worship

There are various ways in which we can share worship together including:

BBC Radio 4 Sunday morning at 8.10am

Daily Service weekdays on BBC Radio 4 (LW), 9.45 a.m.

Choral Evensong on BBC Radio 3, Wednesdays, 3.30 p.m.

Methodist Church Online Resources

- A word in time Bible study

<https://www.methodist.org.uk/our-faith/the-bible/a-word-in-time/>

- The Methodist Church website has a wealth of resources to explore

<https://www.methodist.org.uk/our-faith/>

- Methodist Central Hall have a catalogue of sermons given by various people, all available on their website -

<https://methodist-central-hall.org.uk/sermons-2/>

- Rev Darren Middleton regularly posts worship and scripture based videos on the facebook page for Ridgeway Methodist Church. Like this page to be notified of his new posts. It's also great to see him!
- Trinity Church, Gosforth has a YouTube channel with many talks by Rev Peter Holwell from past services. Peter is continuing to preach at Gosforth despite there being no official meetings. These sermons are being uploaded to this channel.
- Highfields Church are uploading a series of Daily Devotions at 10:30 each day to their YouTube channel, and they also have past services.
- The Lectionary is available online, with Prayers and Art to accompany each week

<https://lectionary.library.vanderbilt.edu//index.php>

- BBC Songs of Praise has previous episodes available to view, along with interview features and hymns.

<https://www.bbc.co.uk/programmes/b006ttc5>

Living day to day

Maintain a routine at home - plan how you'll spend your time, thinking of substitutes for activities that you would normally do. If you go to the gym, think of how this could look with the new restrictions in place. A workout in the garden? An energetic cleaning session? If you usually visit family on a Tuesday afternoon, consider making this a time to diarise a video call, or a phone call to check in with loved ones. Also, importantly, keep listening/watching the news to keep up to date with advice and directives from the UK Government. Things do seem to be changing quite quickly, so what is policy one day, may be different a few days later.

Keeping busy!

Engage in activities at home that keep you well:

- Crafts: have you got materials so you can do something creative. Look online for tutorials or ideas
- Cooking, be creative. Look online for tutorials or ideas

- Gardening. Outdoors if you can or search online for indoor ideas
- Create a playlist/ create a reading list/ create a movie list. Listen to a free classical concert. Google "*Philharmonie Berlin Digital Concert Hall*"
- Keep connected with your family and friends: Schedule some time to video chat.
- If you really want to challenge yourself and try something new go to www.open.edu/openlearn/free-courses

Stay physically active at home by

- Cleaning
- Having a clear out of things you don't need
- Dancing to music
- Going up and down the stairs
- www.nhs.uk/live-well/exercise/sitting-exercises/
- Online exercise workouts.
- Sitting less – if you notice you've been sitting down for an hour, just getting up or changing position can help.
- Go for a walk in an open space, remember to keep a social distance of around 2 metres with others. www.outdoorcardiff.com have a list of all the parks in Cardiff.

If you are not able to go shopping or don't have anyone who can support you with this you can:

- Arrange online shopping with the main supermarkets
- Order online food with Oakhouse foods (www.oakhousefoods.co.uk) and they can deliver it to you
- Food Banks
- Have you got enough medication? Can you get them deliver from the pharmacy or arrange for someone to collect them for you?

But don't forget the basics:

- Keep to your self-care routine: wash, brush your teeth and get dressed.
- Take your medication
- Eat regular meals
- Stay hydrated

Other ways using technology to help keep well:

Join a free LIVE online mindfulness class with local centre The Samye Foundation. Email admin@sfwales.org and they will send you a link. You need to have the ZOOM app – more details on the last page.

Listen to positive podcasts:

www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/

www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing

www.palousemindfulness.com/

You are not alone

Local Volunteers are working together to form community aid groups to help vulnerable and isolated people in the community.

Go to: www.covidmutualaid.org Find your local Cardiff group online and connect with them via the Facebook link. They will then put you in touch with local volunteers who can help with shopping or a friendly phone call.

Consider taking part in any street or community support network that is available. In times of crisis communities can often be brought together in surprising ways!

Technology can help

Zoom or video calling to friends and family

Online websites for culture - free museum and gallery tours, live zoo webcams, performing arts digital concert halls