

## *Rector's update 02 – Let us remain calm with these changes*

*(14<sup>th</sup> March 2020)*

Dear All,

I continue to be impressed by the calm of most people, though I do appreciate that some are feeling extremely anxious, particularly those who are, or are close to someone who is, more vulnerable to this virus.

Following my previous note things have moved on significantly, with the declaration that we are in the 'Delay' phase. We have been advised that if we have a temperature or a cough we should self-isolate for seven days, and we have been warned that further measures relating to social distancing are likely to come soon. In addition, we have received more advice from the Church of England. A reminder also to continue washing our hands.

### **Parish Councils**

Over the last two days I have been in contact with representatives from the Parish Councils in Alpheton, Shimpling, and in Long Melford (where a group of community leaders met). All of us are considering in particular how to support the vulnerable in the weeks ahead, and it was heartening to hear how many had already offered to help. Most of us will be leafleted in the next couple of weeks accordingly.

### **Sunday Services will continue with 'social distancing' measures**

We are blessed with very large churches so it will be possible to attend with a good distance between congregation members, and with the following measures.

- We will ask people to hand sanitise on entering
- Communion will be with the bread only
- When receiving communion (not obligatory) we will not queue up.
- At Melford I will serve communion in the Nave (I'll explain more on the day).
- Sadly but understandably there will be no refreshments (see below).

I do hope that many of us are able to meet together to worship, pray, and encourage one another.

### **Live Streaming**

For those who cannot attend I will be trailing livestreaming of the 10.30am Melford Service this Sunday via Facebook. This can be found by going to the Long Melford Church website <http://www.longmelfordchurch.com>, scrolling down to where it says 'Facebook', and clicking on the words 'Holy Trinity Church' immediately underneath. This should take you to the Facebook page which some of you are already linked to anyway.

## The Serving of Refreshments is not permitted

This means that Lent Lunches will have to be cancelled until we are advised otherwise. Likewise we will not be refreshments after services. Apologies to any who turned up on Friday and had not received our email notifying that it was cancelled.

## Tours

In light of the fact that many tours are likely to cancel, and indeed that we cannot guarantee all guides will be available, tours are being suspended.

## Connect

We are no longer going to meet at St Catherine's – we will be offering the opportunity to meet at the Country Park as we try to maintain relationships in a 'social distanced' environment.

## Psalm 46

This will be read on Sunday, it starts:

*God is our refuge and strength,  
an ever-present help in trouble.  
Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
though its waters roar and foam  
and the mountains quake with their surging.*

With prayer

A handwritten signature in blue ink that reads "Matthew". The signature is written in a cursive style with a long horizontal line underneath the name.

Rev'd Matthew Lawson

Rector of Alpheton, Long Melford, and Shimpling