

# Vicar and Curate's Musings

*and any other information we found interesting,  
funny or a need to share!*

## Vicar's Musings

It was lovely this past Sunday to be in St Michael's Church again to pray and to see people walk through the door. We may not be ready to gather for worship yet (as the few who have completed the survey for me have shown) but some are ready to walk through the doors.

Everyone is in a different place and there are also limits to what we can offer. I was told in a clergy meeting this week that 70% of volunteers may re-think about how they volunteer until a vaccine or a cure is found. I was also told from one of our patrons CPAS that 46% of churches may not open until September for all sorts of reasons but mainly the age of the congregation. I don't know about you but it made me feel a lot better to know that there are many churches struggling with when to open their doors and also when to gather for worship again.

Due to the success of the Evening Prayer on Zoom we are offering it again across all of our churches weekly. Zoom Coffee Club will also keep going weekly as well for now.

One of the other things that has been discussed and I've been pondering is how many people have joined in online zoom prayer services and how we can encourage them to continue after this time. I find it amazing that when we are in our darkest times how many people still turn to prayer. One person did say they enjoyed muting the vicar's sermon and just having the singing and praying, another person I spoke to liked being able to worship no matter what they were wearing—one day it apparently included pyjama bottoms! I wonder what others think? I know we are mainly an older

congregation (although I'm sure we don't think of ourselves in this way) but for us we have picked up a following through our mailing list and Facebook pages (the statistics show our website and Facebook pages have had more people through in the last 100 days than they normally would).

Prayer is important and recently I've been going back through my old blog posts and came across this song by Amy Grant. <https://shelliem.wordpress.com/2011/07/30/better-than-a-hallelujah-amy-grant/>

## **Amy Grant - Better Than A Hallelujah**

God loves a lullaby  
In a mother's tears in the dead of night  
Better than a Hallelujah sometimes

God loves the drunkard's cry  
The soldier's plea not to let him die  
Better than a Hallelujah sometimes

*We pour out our miseries  
God just hears a melody  
Beautiful, the mess we are  
The honest cries of breaking hearts  
Are better than a Hallelujah*

The woman holding on for life  
The dying man giving up the fight  
Are better than a Hallelujah sometimes

The tears of shame for what's been done  
The silence when the words won't come  
Are better than a Hallelujah sometimes

Better than a church bell ringing  
Better than a choir singing out, singing out

It's beautiful in its simplicity but it also for me gets the message across that God wants us to communicate with him no matter how we feel. It also shows many different times in our lives when we communicate with God.

Amy Grant admitted the song, which was penned by Chapin Hartford and Sarah Hart, resonated strongly with her as she dealt with the death of her long-time friend, musician Ruth McGinnis. She said "The song is just so poignant and redemptive. In the lyric, there is no religious code or lingo going on and the message is true, it's good news. I love every scenario it's painting."

"The idea is you don't have to get all cleaned up to talk to God. And it such a great, honest, poignant song."

Come to God as you are, where you are and all are welcome. In this time where some people are really struggling due to lockdown with their mental health and stress it is a wonderful message to 'come as you are' and that God, the church, we, are here for you. Do follow the link to listen to the song it is truly beautiful.

Yours in Christ  
Shellie

# COME AS YOU

---

# ARE

RESENTFUL  
CRUSHED  
SCORNED  
MONSTER  
ACCUSED  
SAD  
REJECTED  
ANGRIOUS  
ANGRY  
THIEF  
STUBBORN  
CONFUSE  
CORRUPT  
SARCASTIC  
BOASTFUL  
DISTRESSED  
SELFISH  
WORRIED  
BITTER  
DISCOURAGED  
COLD  
PRIDEFUL  
DISTURBED  
FRUSTRATED  
BROKE  
DEPRESSED  
MURDERER  
HATEFUL  
DAMAGED  
DISCONTENTED  
TILE



12-05-2011

I APPRECIATE THE EFFORT, BUT THE WHOLE 'SITTING ON MY RIGHT HAND' THING IS NOT AS LITERAL AS YOU SEEM TO THINK

## PEWS

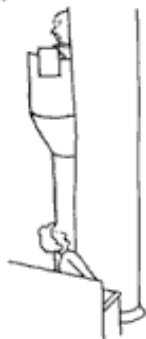
THE FIVE WORST PLACES TO SIT. IN REVERSE ORDER:

5



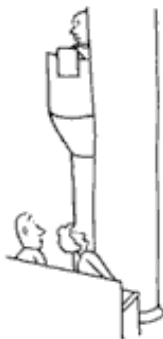
UNDER THE PULPIT

4



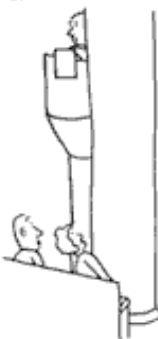
UNDER THE PULPIT BEHIND A PILLAR

3



UNDER THE PULPIT BEHIND A PILLAR NEXT TO THE OUT-OF-TUNE SINGER

2



UNDER THE PULPIT BEHIND A PILLAR NEXT TO THE OUT-OF-TUNE SINGER ON THE NARROW PEW

1



UNDER THE PULPIT BEHIND A PILLAR NEXT TO THE OUT-OF-TUNE SINGER ON THE NARROW PEW NEAR THE CHILDREN'S CORNER



© 2009 Johnny Hawkins. More at LeadershipJournal.net/Cartoons

"Well, at least they're honest about it."

AND REPEAT AFTER ME:

NO MATTER HOW OPEN-MINDED,  
SOCIALLY CONSCIOUS, ANTI-RACIST  
I THINK I AM, I STILL HAVE OLD,  
LEARNED HIDDEN BIASES THAT  
I NEED TO EXAMINE.  
  
IT IS MY RESPONSIBILITY  
TO CHECK MYSELF DAILY FOR MY  
STEREOTYPES, PREJUDICE AND,  
ULTIMATELY, DISCRIMINATION.



© CARTOON CALLED LIFE



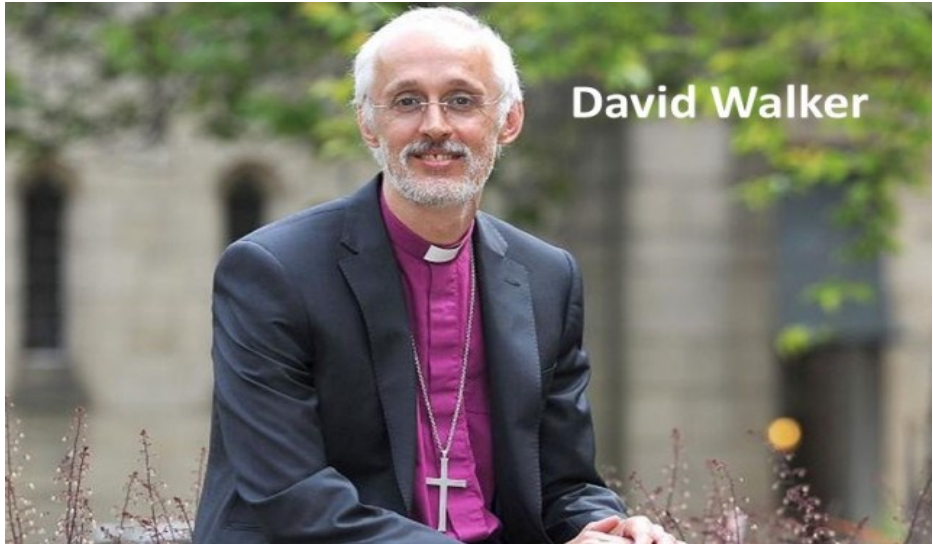
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# We Can't Go Back...Even When We Do!

*by the Rt Revd David Walker, Bishop of Manchester*

<https://viamedia.news/2020/07/03/we-cant-go-back-even-when-we-do/>



From this weekend, churches have the option, subject to a risk assessment, of reopening their premises for public acts of worship. Over the next few weekends I expect, and indeed hope, that we will be able to undertake simple, practical measures that will reduce the risks of infection at such gatherings, sufficiently to comply with the government requirement that our buildings be Covid secure. Congregation members may stagger their return over a number of Sundays, there will be no grand reopening ceremonies, but physically we will have indeed “gone back”.

Except, there is never any true going back.

The past, even the very recent past, is always a different country. Whilst separated from public worship in our buildings, we have continued the mission of Christ's Church in different ways. We have proclaimed the Gospel from virtual pulpits we never knew existed, and many have responded in joy. We have nurtured one another in faith,

using every technique of telecommunication to deepen our fellowship, share our tears, console our bereavement and relieve our loneliness. We have served the poor and hungry in our communities. We have been stirred to pray and act for justice, so that hungry children will be fed over the summer holidays, the homeless will not be cast back onto the streets, and Black Lives will Matter, both more and to more of us, in the time to come. We have shrunk our carbon footprint, travelling less, buying fewer disposable commodities, and enjoying the sights and sounds of a nature beginning to breathe more easily as many of us have been able to do also.

We are not who we were four months ago. We have lost, lamented, learned, longed and loved. We cannot be squeezed back into our former shape.

When I first began to work with parishes on recruiting new priests, I quickly discovered the huge value of “the vacancy”. It was only when the previous incumbent had left that a parish profile could be drawn up that didn’t simply say, “Same again please, bishop, only 20 years younger”. It was only after eight or nine further months had lapsed that a new vicar could arrive and not be expected to take on every single duty that had accrued to their predecessor. Time needed to pass for things to stop happening, for other practices to cease being unthinkingly presumed; only thus can we make room for the new.

If I were inventing a liturgy for the return to our buildings, it would be to invite each worshipper, new or returning, to make the baptismal renunciations and professions of faith before crossing the church threshold the first time. We enter anew, casting off unsustainable or unwanted habits, discarding long hoarded prejudices, released from behaviours that exhaust and drain our energies. Ready for the future.

My hope and my yearning is that these months of lockdown have readied us to be a Church that treasures its people and its resources enough to release them to where the opportunities and challenges for mission are the greatest; not a Church that seeks to do everything just as we have always done, but to do it more frantically and with fewer assets available than ever. I hope for patterns of ministry that do not tire our clergy and lay leaders to exhaustion, but equip them to expend their energies building the Kingdom that Jesus proclaimed; for ways of meeting and ministering that do not tie up so much of our energies in maintaining the wrong buildings in the wrong places; for radical simplification of the bureaucratic hoops we so often have to go

through on the way to achieving any significant change.

It would be foolish to pretend that most of us have not been impacted by the stress and strain of these last months. I can hear the siren voice within myself, the voice that wants to go back to things as they were. Maybe just for a year or two, it whispers, a time to rest and regain impetus for the future. And yet I know that to do so would be fatal. Indeed, it would simply add to the burden of exhaustion without offering new hope. Developing new vision and purpose, and doing it now, will bring not only fresh energy but refreshment and renewal. When we are clear how we are going to be different, we will find rest in release from the things we have stopped tiring ourselves out with.

So, I welcome the fact that we will be publishing the *Living in Love and Faith* resources, and commending them for study and engagement, this autumn. I dare to hope that reading them in the light of our emerging from lockdown will provide fresh insights into who we are, and how we might be the Church better. I welcome the work I see being done to help us focus on what the *Five Marks of Mission* of the Anglican Communion might mean for us both as individuals and as church communities over the next five to ten years. I welcome the fresh energy that lies behind what should be the self-evident phrase that *Black Lives Matter*.

The next few weeks and months will not only be a time to fling open the doors of our buildings to welcome our people, but a time to fling open our hearts and minds to welcome with equal enthusiasm what the Holy Spirit is yearning to breathe into us.





## Will we have a test on it?

Then Jesus took his disciples up the mountain,  
and gathering them around him he taught them saying:

Blessed are the poor in spirit for theirs is the kingdom of heaven.  
Blessed are the meek.  
Blessed are they that mourn.  
Blessed are the merciful.  
Blessed are they who thirst for justice.  
Blessed are all the concerned.  
Blessed are you when persecuted.  
Blessed are you when you suffer.  
Be glad and rejoice for your reward is great in heaven  
try to remember what I am telling you

Then Simon Peter said,  
    Will this count?  
and Andrew said,  
    Will we have a test on it?  
and James said,  
    When do we have to know it for?  
and Phillip said,  
    How many words?  
and Bartholomew said,  
    Will I have to stand up in front of the others?  
and John said,  
    The other disciples didn't have to learn this.  
and Matthew said,  
    How many marks do we get for it?  
And Judas said,  
    What is it worth?  
and the other disciples likewise.

Then one of the Pharisees who was present  
asked to see Jesus' lesson plan  
and inquired of Jesus  
his terminal objectives in the cognitive domain

and Jesus wept.

*Don Linehan*

# We Can't Go Back... So We Need to Take Care of Our Mental Health

*by the Rt Revd Dame Sarah Mullally DBE, Bishop of London and former Chief Nursing Officer*

<https://viamedia.news/2020/07/11/we-cant-go-back-so-we-need-to-take-care-of-our-mental-health/>



'Coronavirus has our brains pinging on "future threat," driving global anxiety and shared fear, as we all live in this extreme state of uncertainty.' So wrote Jan Bruce in Forbes magazine on March 5<sup>th</sup>. And if shared fear was a reality then, how much more so now? After three months of daily death tolls, R values and government appeals to stay at home, it is not surprising that a certain amount of anxiety might hang over the public's heads.

This week, the mental health charity Mind quantified the impact. In a survey of 16,000 people, they discovered that 65% of adults and 75% of 13-24 year olds with pre-existing mental health conditions said that their situations had worsened. More than a fifth of those aged 13 or older

without prior mental health difficulties described their mental health as poor or very poor.[1]

We needed the stats, the briefings and the message to stay at home. Coronavirus was and is a killer. Understanding the risks helped us to stay alert in a time of real danger. And I'm also acutely aware that many people have faced fearful burdens on top of the virus itself. Those who have lost their jobs or have been put under severe financial pressures. The elderly who were shielding and less able to socialise online. Those who struggle with loneliness at the best of times, finding their feelings exacerbated by circumstances. Others found themselves suddenly trapped at home with abusers. They faced fears not just from an unseen killer but from a visible threat.

But the general climate of fear that has been so successfully inculcated in us, leaves us with a conundrum. How do we encourage one another to wisely emerge from lockdown? How do we begin to navigate this brave new world of face masks and social distancing? A world in which we can meet with six others but cannot sing in church. Some can have a picnic in the park while others remain shut up at home. We have permission to roam but the newspapers warn of a second wave. We want to support the economy but can feel, more than anything, emotionally shattered.

Thankfully, before COVID-19 hit, we had been moving towards a greater awareness of the need to attend to our mental health. Notably the Duke and Duchess of Cambridge spoke out last year. I was grateful to be able to speak on these issues at Lambeth Palace alongside Dr Jacqui Dyer, President of the Mental Health Foundation and the Archbishop of Canterbury last year. The increased engagement with mental health awareness day is evidence of what Justin Welby wrote then: "it feels like something is beginning to shift."<sup>[2]</sup> It is becoming okay to not be okay. And in this regard, the Christian story has an important contribution to make.

In the apostle Paul's second letter to the Corinthians he says: *"We have this treasure," [the treasure being the glory of God] "in jars of clay" [the jars being us] to show that this all-surpassing power is from God and not from us"* (2 Corinthians 4:7).

Paula Gooder, Canon Chancellor of St Paul's Cathedral, tells me that there were two types of jar in the first century. One was dark and thick used for display. The other used the thinnest material possible so that it would crack in the kiln. The cracks enabled light to diffuse out from

within when a lamp was placed inside. The jar was purposely created to be vulnerable, so that the light would shine through it. This, says Paul is God's design. Our fragility, vulnerability and brokenness is *by design*, so that the light of the glory of Christ might shine brightly as we persevere in living for Jesus through it.

All of this means that as we emerge from lockdown, we do well to talk about our mental health. To talk to each other, to make it integral to our ministry life whatever context we find ourselves in, for mental health to be a subject for prayer in public as well as in private. In this way we can each find the comfort and support that we need.

I'm doing all I can to ensure that the NHS provides the mental health services that our nation will need through my role in the House of Lords. But in the first instance, Paul doesn't point us to specialised support groups but the shoulders to cry on that he provides in the church. The brothers and sisters that should be available to us all. The challenge to us as churches, is to continue to have a culture in which everyone feels safe to share their struggles and feel able to speak openly.

Our fear is not something that we need to hide. It is something that can be harnessed in our walk with God. So often it is when we are at our wit's end that we recognise our need to cry out to the Lord for help (Psalm 107:27). So often, in God's peculiar plan for this world, it is when we have received comfort from Him and his people, that we are best equipped to comfort others in return (2 Corinthians 1:3-4).

[1] <https://www.mind.org.uk/news-campaigns/news/uk-government-must-urgently-plan-for-recovery-from-coronavirus-mental-health-crisis-says-mind/>

[2] <https://www.theguardian.com/commentisfree/2019/oct/18/children-alone-uk-mental-health-problems-listening-stigma>

# What does 2 metres look like ?



**x 7 Prayer Kneelers**



**x 2 Bishops Staff**



**x 50 Bibles**



Help us to keep the church open for all, maintain social distancing



**Kingdom People**  
love • compassion • justice • freedom



[www.cofe-worcester.org.uk](http://www.cofe-worcester.org.uk)



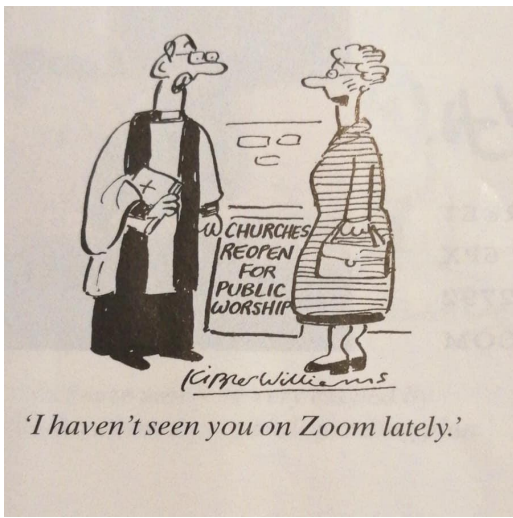
THE CHURCH  
OF ENGLAND  
**DIOCESE OF  
WORCESTER**





Martyn Percy  
@MartynPercy

Upgraded face-masks now available in seasonal colours for clergy. Ideal for most liturgical settings. Please don't be fooled by cheap imitations. These are the original. Genuine authentic features. Made from recycled brass and other materials. BOGOF. Ideal for large processions.



**YOUR PRAISE BAND MUSIC IS  
NO MATCH FOR OUR  
FULLY-FUNCTIONAL BAROQUE BATTLE ORGAN!**



# Types of Headaches

**Migraine**



**Hypertension**



**Stress**



**How to Re-Open  
the Church Safely**



## EATING IN THE UK IN THE FIFTIES

Pasta had not been invented.

Curry was a surname.

A takeaway was a mathematical problem.

A pizza was something to do with a leaning tower.

Bananas and oranges only appeared at Christmas time.

All crisps were plain; the only choice we had was whether to put the salt on or not.

A Chinese chippy was a foreign carpenter.

Rice was a milk pudding, and never, ever part of our dinner.

A Big Mac was what we wore when it was raining.

Brown bread was something only poor people ate

Oil was for lubricating, fat was for cooking

Tea was made in a teapot using tea leaves and never green.

Coffee was Camp, and came in a bottle.

Cubed sugar was regarded as posh.

Only Heinz made beans.

Fish didn't have fingers in those days.

Eating raw fish was called poverty, not sushi.

None of us had ever heard of yoghurt.

Healthy food consisted of anything edible.

People who didn't peel potatoes were regarded as lazy.

Indian restaurants were only found in India .

Cooking outside was called camping.

Seaweed was not a recognised food.

"Kebab" was not even a word never mind a food.

Sugar enjoyed a good press in those days, and was regarded as being white gold.

Prunes were medicinal.

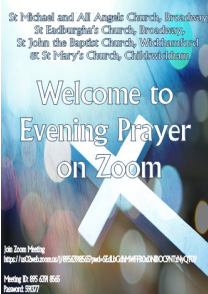
Surprisingly, muesli was readily available, it was called cattle feed.

Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.

Water came out of the tap, if someone had suggested bottling it and charging more than petrol for it they would have become a laughing stock.

The one thing that we never ever had on our table in the fifties ..  
was elbows

# Coronavirus / Covid 19 update



## Evening Prayer on Zoom Order of Service

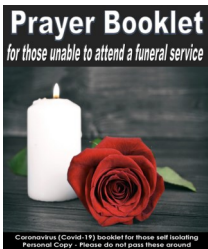
<https://www.stmichaelsbroadway.org/church-services>

Join Zoom Meeting (recurring meeting details)

[https://us02web.zoom.us/j/89563918565?  
pwd=SEdLbGdhMWFFR0xDNlI1OC9NTzNyQT09](https://us02web.zoom.us/j/89563918565?pwd=SEdLbGdhMWFFR0xDNlI1OC9NTzNyQT09)

Meeting ID: 895 6391 8565

Password: 591377



This prayer booklet is for people unable to attend a funeral

[https://shelliem.wordpress.com/2020/03/29/prayer-booklet-for-  
those-unable-to-attend-a-funeral/](https://shelliem.wordpress.com/2020/03/29/prayer-booklet-for-those-unable-to-attend-a-funeral/)

## Join Shellie with a cuppa - Coffee Club on Zoom

A space to meet, chat and catch up  
Bring your own coffee / tea and link in

Join Zoom Meeting

[https://us02web.zoom.us/j/83887886545?  
pwd=Z3hUZHFsa250SnhvVk9TTndrSUU4QT09](https://us02web.zoom.us/j/83887886545?pwd=Z3hUZHFsa250SnhvVk9TTndrSUU4QT09)

Meeting ID: 838 8788 6545

Password: 867308

## Go to church this Sunday (virtually)

You can watch (and rewatch) the Church of England's virtual Sunday services:

<https://www.churchofengland.org/more/media-centre/church-online>

**Radio 3**—Choral Evensong 3pm

**Radio 4**—Morning worship 8am

**BBC Radio**—Hereford and Worcester—8am





## Broadway Coronavirus Support Network



47 mins · 🌐

### A MESSAGE FROM OUR GROUP AND VOLUNTEERS

As we move into a new and more hopeful phase since the Covid Pandemic began - our amazing team of Volunteers are now returning to work either full or part time and whilst many will endeavour to help those self isolating and vulnerable stocked up it may now take a litter longer to provide food and medications, for eg - these might be dropped later in the day to fit around our working hours.

We would like to extend a HUGE note of thanks to all of our Volunteers who have made such a difference by helping those in need in our Village.

THANK YOU TEAM BROADWAY SUPPORT NETWORK 🥰



## **UPDATED FRIDAY 3RD APRIL**

### **BROADWAY FOOD / MEALS / SHOPPING DELIVERIES**

#### **COLLINS OF BROADWAY BUTCHERS**

01386 852061 for any orders big or small.

**WAYSIDE FARM SHOP** can take orders, payment and deliver to door as well as collection; Wayside also doing roast **01386 830 546**

**CO OP** - offering food orders online between 10am -1pm on Tues, Weds,Thurs. Call order and pay on **01386 842870** and they will organise the food.

For those self- isolating due to illness, or those vulnerable / elderly you can then call us when you have made payment and we will arrange delivery **07780 002565**.

#### **NISA LOCAL - BIBSWORTH AVENUE**

Set up for online payment and delivery. If you wish to place an order please phone **01386 859218** before 2pm.

Also offering a drive through service - phone with order, pull up outside and it goes in the boot.

**THE BROADWAY DELI** – Call the boys on **07483 404497** for Deli food, letter posting, newspapers ... whatever you need :)

#### **THE BROADWAY WINE COMPANY**

Call **01386 852 501** to order your Wine, minimum of 6 bottles for home delivery.

#### **JOHN BARLEYCORN**

Selection of quality local beers, ciders, wines, loads of gins & other spirits from small British distilleries, jams, honey etc. Free delivery (on orders over £20) in Broadway and to the local area, up to 5 miles. Any orders outside this area might be subject to a delivery fee. **01386 854938** only between 9am-2pm Tuesday-Saturday with your order.

#### **THE BAKEHOUSE**

Offering fresh, daily prepped Bake@Home ready meals delivered to door. Weds – Saturday. Details on website, Telephone **01386 852277**.

[www.thebakehousebroadway.co.uk/bakeathome](http://www.thebakehousebroadway.co.uk/bakeathome)



## Other Useful Information

found on Facebook or other places online

## Information from the Diocese

### Live Streaming of services

You can follow the links to these churches online via the diocesan page:  
<https://www.cofe-worcester.org.uk/news/2020/03/16/coronavirus-latest-information/>

*I have chosen, for now, to offer a WhatsApp group where we can pray, share and communicate as a benefice—if you wish to join the group please send me your mobile number and download the app. There is always the prayer booklet on our churches website and a hard copy is in church.*

The following churches will be live streaming. Please do point people to these if you're not able to stream worship yourself.

**Worcester Cathedral** will be streaming their 8.30am service each morning on the Cathedral Facebook page. (From Sunday 22 March)

**All Saints in Worcester** are streaming 11am morning prayer and 10pm Compline as well as a Sunday service at 10.30am on YouTube.

**Holy Trinity Church, Old Hill** will be streaming their Sunday service at 10.45am on You Tube.

**Malvern Link with Cowleigh** parish will be streaming a 9.45am Eucharist and 11.15am Contemporary Worship on Sundays on their Facebook page.

**Christ Church, Lye** will be streaming prayers and a sermon at 11am on Sunday morning on their Facebook page.

**East Vale and Avon** benefice are putting together a series of online services which can be accessed through their website.

**Holy Trinity & St Matthew, Ronkswood**, Worcester will be live streaming worship via Zoom on Sunday at 10am and 6pm. Details about how to join in are on the parish website.

**St Mary, Old Swinford, Stourbridge** is live streaming services on Thursdays at 10.30am and Sunday at 10am. More details on the parish website

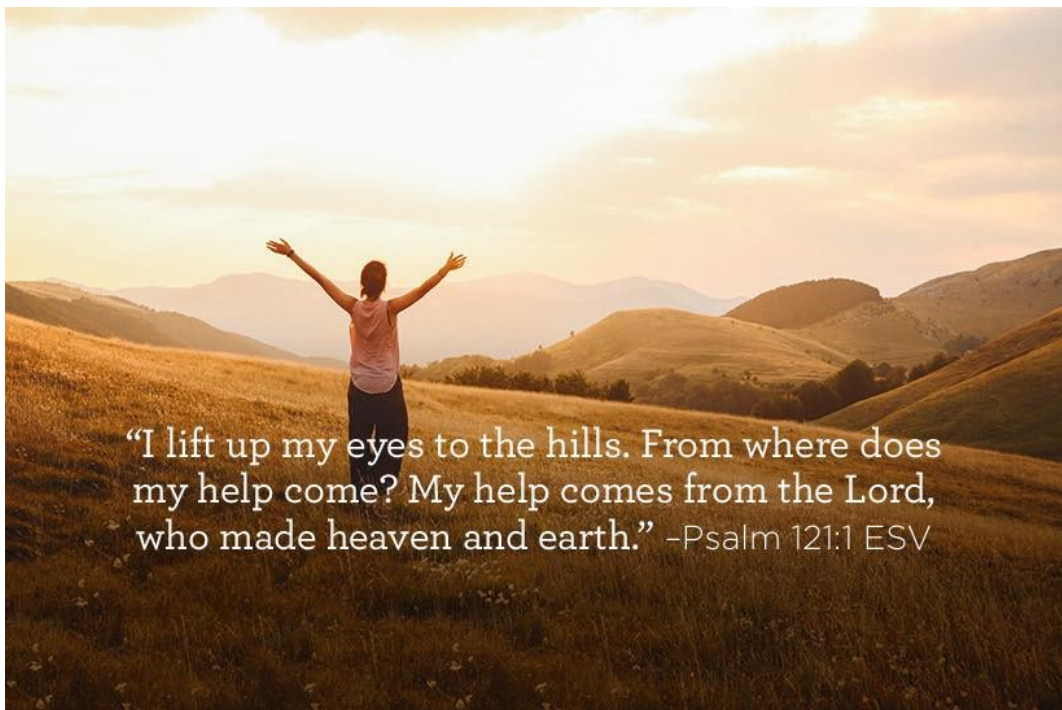
**St Peter, Cradley** is live streaming daily morning prayer at 8.30am and Compline in the late afternoon through their Facebook page

**Hagley and Clent** are offering Sunday worship at 10.30am via Zoom and all are welcome to join them. Contact the Rector, Richard Newton for more details.

## **Morning Prayer from Worcester Cathedral**

Watch Morning Prayer from Worcester Cathedral. This is one way in which we are linking members of the Cathedral community as well as the wider public to the Cathedral's daily offering of praise and prayer.

<https://www.facebook.com/watch/WorcesterCathedral/>



“I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth.” -Psalm 121:1 ESV

**Just to keep people updated;  
Mohammed from DPD will be  
with us for another two  
months till September, which  
is great news 🙌**





0800 804 8044

# Daily HOPE

A free phone line of hymns,  
reflections and prayers

**IMPORTANT  
NOTICE**



***I wanted to make people aware.... guide dogs haven't been trained in social distancing and queuing to get in a shop. If you see a guide dog heading straight for the shop door and not joining the queue, that is what they have been trained to do. They're not being rude or intentionally queue jumping. Also, if you see them walking down the street, remember, they haven't been trained to social distance, so it is up to us, the sighted people, to give them the space. Hope that helps my many guide dog owner friends in these really difficult and challenging times.***

For those suffering **domestic abuse**, isolation will be a terrifying prospect and **significantly increase the risk of harm**.

If you, or anyone you know is **in need of help**, please reach out to Women's Aid, us, a trusted friend or family member and consider using a code word to communicate safely.

National Domestic Abuse Helpline: **0808 2000 247**



[www.fb.com/groups/wearethemotherload](http://www.fb.com/groups/wearethemotherload)

NSPCC  
**0808 800 5000**  
(24hrs)

National Domestic Abuse Helpline  
**0808 2000 247**  
(24hrs free)

Mind  
**0300 123 3393**  
(Mon-Fri 9-6)

Victim Support  
**0808 168 9111**  
(24hrs)

**NEVER ALONE**



Cruse Bereavement  
**0800 808 1677**  
(Mon-Fri 9-5)

ChildLine  
**0800 1111**  
(24hrs)

Action on Elder Abuse  
**0808 808 8141**  
(Mon-Fri 9-5)

Respect - Men's Advice Line  
**0808 801 0327**  
(Mon-Fri 9-5or8pm)

Samaritans  
**116 123**  
(24hrs free)

National Centre for Domestic Violence  
**0207 186 8270**



## Mental health

The Church of England has produced some mental health reflections to help you in this time of uncertainty. You can access them at: [cofe.io/MentalHealth](https://cofe.io/MentalHealth).

The Mental Health Foundation has also produced some useful resources, which can be found at: <https://www.mentalhealth.org.uk/coronavirus>

You can find a host of other mental health resources from a variety of different organisations and charities. <https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues/>

Some helpful books and resources are also available from Sacristy Press at <https://www.sacristy.co.uk/books/coronavirus-church-resources#>

EDMHSS supporting the community



# COVID-19 COMMUNITY Helpline



**TELE : 07495896695**

9am to 9pm  
7 Days a week

edmss.org  
Made with PosterMyWall.com

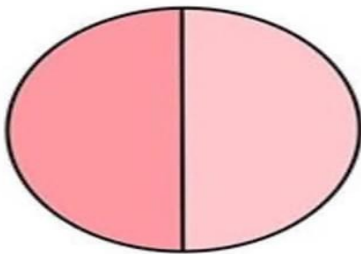
WORCESTERSHIRE  
COMMUNITY FOUNDATION  
MAKING A DIFFERENCE TO YOUR COMMUNITY



COMMUNITY  
FUND

The National Lottery Community Fund

**TESCO**  
*Every little helps*



## What people think social anxiety is

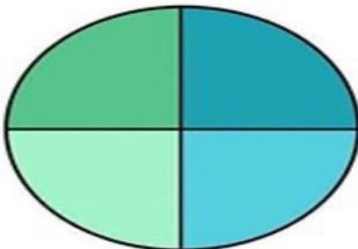
@what.is.mental.illness

- Being shy
- Fear of public speaking

## What social anxiety actually is

Fear of :

- Being judged by others in social situations
- Fear of accidentally offending someone
- Fear of being the center of attention
- Fear of being embarrassed or humiliated & showing it by blushing, sweating or shaking







*Holy Spirit,*  
YOU ARE WELCOME  
HERE COME FLOOD  
THIS PLACE AND  
FILL THE ATMOSPHERE  
YOUR GLORY, GOD,  
IS WHAT OUR HEARTS  
LONG FOR TO BE  
OVERCOME BY YOUR  
PRESENCE,  
*Lord.*