



ROSSORRY PARISH CHURCH

Week commencing
Sunday 12th April 2020
EASTER DAY
The First Sunday of Easter

Dear Parishioners and friends, just a few notes on what is happening in the Parish during this difficult time, to help us maintain contact and the running of parish business.

Rossorry Graveyard closed until further notice

Following introduction of The Health Protection (Coronavirus, Restrictions) Regulations (Northern Ireland) 2020, we have been required to close our burial grounds to members of the public until further notice. Access is only permitted for funerals/burials.



He
is risen!



CHURCH SERVICES

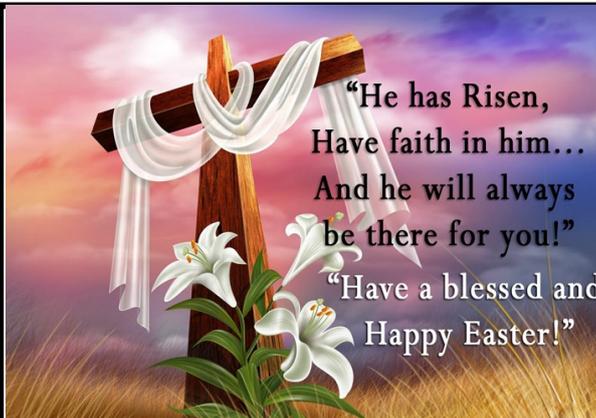
As we cannot meet together in Church, we are providing services by other means. The Website (www.rossorryparish.com) will continue to provide the **text** and **audio recordings** of services, mainly Compline, a shorter version of Morning Prayer and a shortened service of Holy Communion for use on Wednesdays, Sundays and Maundy Thursday. The Rector is currently providing recordings of services (Compline, Morning Prayer and Holy Communion) on Facebook ([Rossorry Parish Church](https://www.facebook.com/RossorryParishChurch)) which you can follow at the time or at a time which is more suited to you or your family.

THE STORY OF EASTER for little ones

based on Luke 22-24 & Mark 14-16

1. After dinner, Jesus goes to the Garden to pray. He knows something is going to happen.
2. Some men come to take Jesus away.
3. They dress him in a purple robe and a crown of thorns. Jesus carries a cross up the hill.
4. Jesus dies on the cross. Darkness comes over all of the earth.
5. Jesus' body is laid in a tomb. A big stone is rolled against the door.
6. The next morning, Mary and some other women come to the tomb and find that the stone has rolled away! It is empty! Where is Jesus?
7. An angel appears and says, "He is Risen!"

dwellintheland.com



We wish you all a Happy and Holy Easter.

**Remember to observe the washing
and sanitising rules**

**Keep your distance and observe all the rules
on travel etc.**

Stay safe—this time will pass.

The PARISH HELP GROUP

A self help group of parish volunteers has been established to help to those who are elderly or self-isolating or who may require , a copy of the CD of Services or who may just need a friendly voice on the 'phone, at this challenging time.

We have our volunteers in place and they are now in contact with those who asked for a friendly voice to keep in touch.

If we have missed anyone—please let the Office know and they will be added to our list.



FREEWILL GIVING

As we no longer meet at Church, we would ask that parishioners put Freewill envelopes aside until we meet again or, if you wish, you may set up a Standing Order with your Bank or Building

Society to deal with this matter. If you have online banking, you can do this without even visiting your Bank.

The information you would need is:-

Account name :- 'Rossorry Parochial Christian Stewardship'

ULSTER BANK Ltd.

Sort code 98 06 50

Account number 47986357

ENNISKILLEN FOODBANK

There is some information on the next page about the Foodbank and how to access it.

As we cannot visit parishioners in the current situation, the Select Vestry has agreed to a substantial financial donation to the Foodbank, out of Parish Funds, so that they can access the goods that they most need.

Each of you should give
what you have decided in your
heart to give, not reluctantly
or under compulsion,
for God loves a cheerful giver.
2 Corinthians 9:7



PARISH OFFICE

The Office is still working, (9am-1pm ,Monday to Friday) keeping the day to day machinery moving.

Please don't visit

but I will be delighted to chat on the 'phone, take emails or a note through the door or in the post, etc—if there is anything I can do to help.

Tel:- 02866 329889

Email :- rossorryoffice@btinternet.com



SERVICES AVAILABLE IN THE COMMUNITY

Below is a list, kindly prepared by The Fermanagh Trust of services / delivery options available from shops and Community Groups to help with self-isolating or those who cannot get out to shops etc.

Fermanagh Shops offering Delivery Service by Area:

NB: Shops will become overwhelmed and will not be able to sustain these deliveries if those of us who are fit and able to visit shops use up their resources.

Please consider our elderly, vulnerable, single parents etc. who really will be relying on these services before using them.

If you are aware of any other shops / chemists / delivery services in your area can you please email them to: sonya@fermanaghtrust.org

This List is only accurate today, we will endeavour to keep refreshing its content –full the most up to date version at any time please visit Fermanagh Trust on

Facebook: <https://www.facebook.com/FermanaghTrust/>

Or our website: <http://www.fermanaghtrust.org/>

Thank you

Foodbanks

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|------------------------------------|---|---|
| Enniskillen Food Bank | A 3-day emergency food parcel is available – referral is essential – contact the foodbank to get a referral The Lakes Vineyard Church 6–8 Cross Street Enniskillen BT74 7DX Open Wed and Fri 10am -12 pm | John Shades 07512 548849 info@enniskillen.foodbank.org.uk |
| Elim Church – storehouse food bank | Food parcels delivered to those in need | Pastor Nigel Elliott – 07595654414 (028) 66329972 www.enniskillenelim.com/ |

Ballinamallard

Beattys Spar

49 Main Street

028 6638 8136

K. Moore Butchers

Bellanaleck / Arney / Florencecourt / Cleenish / Killesher

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|--|--|--|
| Costcutters | Bellanaleck | |
| Tully Mill Restaurant | Take-out services | |
| Brady's Pharmacy | Florencecourt | |
| Cleenish Killesher Support Group : | Different organisations have come together to provide support in their community through a Team of Volunteers for those who need it. | |
| Volunteers from: | Full details including contact numbers can be found here: https://cleenishkilleshersupport.com/ | |
| Bellanaleck Community Group, Belnaleck GAC, Gransha Hall Management Committee, Cleenish Community Association, Killesher Community Development Association Florencecourt Group of Parishes | Help with shopping and picking up essentials. | |
| | Pharmacy Meds delivery: Contact Sean Cox 07968756543 if you need this service. When your prescription is ready in the pharmacy, we will organise its collection and delivery to you. For any pharmacy other than Brady's in Florencecourt please contact them directly and let them know a volunteer from CleenishKillesherSupport group will be calling to collect your medication. Please make sure to order your prescription in time (allow at least 48 hours to reach the pharmacy) as the surgeries and pharmacies are very busy at the moment and our volunteers cannot deliver the medication until everything is ready. | |

Derrygonnelly & Surrounding area

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| Costcutter | 63 Main Street | 028 686 41333 |
| P&E Burns | Derrygonnelly | 028 686 41333 |
| Derrygonnelly & District Community Partnership: Established to promote the benefit of the inhabitants of Derrygonnelly and the surrounding area | Team of Volunteers available to help in the: Springfield, Boho, Monea & Churchhill areas | Full details found here including all contact numbers: http://derrygonnelly.org/ Eadaoin Love: 07799148196 currently seeking Volunteers to help in the area |

Ederney

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| Monaghans MACE | Church Road | 028 68633010 |
| Irvine Farm Supplies | Order by 1pm please | 02868631274 |

Enniskillen

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|------------------------------|--|--|
| McBrides Spar | Scaffog, Sligo Rd | 028 66 323007 |
| Costcutter | Diamond | 028 66 340730 |
| Costcutter | Cornagrade | 028 66 340730 |
| Gillens Fruit & Veg | Church Street | 028 66 322221 |
| Lilley's | Lough Shore | 028 66 325213 |
| Lilley's | Dublin Rd | 028 66 340424 |
| O'Dohertys Meats | Belmore Street | 028 66 322152 or delivery@blackbacon.com |
| Stewarts Butchers | Church Street | 028 66322413 |
| Lakeland Tyres | Delivery is free of charge within the Enniskillen area 5 bags for £22 3 bags of super heat £15 | 028 66322111 |
| Berseys – General deliveries | Collection and delivery of most items in the Enniskillen and surrounding areas | 028 66 322 123 Or facebook 'berseys' |
| Craigville Beattys Spar | Rossorry Church Rd | 028 66326027 |

Letterbreen

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|------|--------------|---------------|
| Spar | 02866 341300 | 028 66 341300 |
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Lisnaskea

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| Costcutter | Main Street | 028 677 21276 |
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Tempo

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| J Trimble Meats | Pubble Rd | 028 895 41477 / 07771731025 |
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Maguiresbridge

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|------------------------|-------------|-----------------------------|
| Frazers NISA (8am-1pm) | Main Street | 028 677 22239 / 07718434943 |
| Irvine's Butchers | Main Street | 02867723312 |

Trillick

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| Sproule Vivo | | 028 89561 825 |
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LOOKING AFTER YOUR MENTAL HEALTH in light of Covid-19

Coping with Change.

Due to the current situation, many people are having to cope with changing lifestyles and routines- for some there is no work to go to, change in work routine, (all very serious), feelings of isolation and loneliness, unable to see loved ones, no church service to go to, football and sporting events all cancelled, the list is endless.

What can we do at such a time as this?

CHANGE can impact in four key areas; A sense of shock, anger or other negative emotion, a coming to terms with what is happening and readjustment.

For some there is escape coping- taking specific actions to avoid having to think about change.

Then there is Control coping- that is being positive and proactive and not letting negativity set in to one's mind.

It is important to;

1. Acknowledge within self that things are changing potentially in how we have to do things.
2. This is temporary.
3. Keep up regular activity where possible.
4. Eat healthy and watch the junk.
5. Exercise where possible.
6. Keep in touch with friends, family and work colleagues through other means other than face to face.
7. Is this a time for me to do other things that I have put off or been unable to do? eg; get into the garden, self-care, listen to mindfulness CD, listen to a message from a local church, decorate that room, bake, read that book I got for Christmas, make that phone call to that person I said "I'll be in touch with", Check on my neighbours' needs...just some examples.

In times past, we all had ideas about changing the world- maybe it is now time to think about changing our self.

Dealing with Fear

Fear is something we all have or had to deal with many a time in our life. Current times have left many people in fear- concern about their health or that of a loved one, a job, ones finances- are just some of the things that trigger fear in us. Fear not only with impact us mentally but also can have its physical consequences. Where the mind can have catastrophic thoughts leading to feelings of insecurity it also can lead to a divided mind. This can impact our concentration, ability to focus and leads to uncertainty within us. Each fear is like an added link on a chain which ultimately can bind us and leave us trapped in insecurity and despair. Physically too, what impacts our mind can start to impact the body. Tension headaches, muscular pain and high blood pressure can often source its origin to a particular and prolonged fear.

What can we do with fear? How should we challenge it. Well, firstly it is important to acknowledge it is there. Identify what is causing our fear is the starting point. Are we listening to much to negative news media or people with negative outlooks all the time? A good idea is to share our fears with someone we can trust. They can often help us look at things from new perspectives and encourage us to speak to someone who could help us deal with it. Left alone with, fear, it can gain a toe hold, progress to a foothold and ultimately become a stronghold over our lives.

In the book of Isaiah and the chapter 41, God tells us in verse 10 to "fear not".. Some reckon the words, fear not, are mentioned some 365 times in the Bible-one for every day of the year. In his word God tells us not to get dismayed, for He has promised to help us, strengthen us and uphold us with His righteous right hand.

Are we taking our fear to the wrong place, are we carrying it every day or are we using others methods and things to try and take our fears away and which ultimately are making things no better.

Why not take our fear in prayer to God for He in His Word tells us to cast our cares upon Him, for He cares for Us.

May God encourage us at this time to take our fears to Him as we face the days that are ahead.

Confronting the subject of Worry

Worry is something we see around us in these days of coronavirus as we watch our news channels and talk with others, at this time. But what really is worry and how does it impact us in our daily life?

Worry is essentially a form of repetitive negative thinking where we can get stuck in negative thoughts about our present and how we predict the future. It's like our washing machine at home, where negative thought after negative thought keep turning around in our minds without going anywhere fast. It could be described as the loudest voice in the room where all other conversations are reduced at the behest of this bully.

According to Dr Martin Rossman in his book, *The Worry Solution*, worry is the most common form of suffering in the Western world and is at the heart in many cases of such things as overeating, alcoholism and other addictions. With the coronavirus pandemic facing our world, it is easy to get our minds trapped in a cycle of worry with constant negative news and media, and having to change in how we do things from before and not being able to socialise and meet with our friends as we used to do.

But what can we do to challenge this negative cycle we currently face often in our isolation? Well, it is important to state that negative thinking at such a time is normal. Worry shows we care and without it we, could potential place ourselves in great danger. However, where it can become a problem is when we give it more, time, energy and attention in our minds that it snowballs into crippling thinking that prevents us doing and enjoying other things that are healthy and good. Helpful strategies to deal with worry can include talking to someone we trust over the phone to vent our feelings and maybe distract us to other ways of thinking, distract ourselves with more purposeful and enjoyable activities and when we sense negative thought patterns coming to the fore, we too like the workman at the side of the road must put up the STOP sign that prevents us going down a road that is not in our best interests to do so.

Psalm 46 begins with the words, "God is our refuge and strength, A very present help in trouble". For the Christian this is a great comfort to know that God is our hope in times of anxiety and worry. God is all powerful, our great Protector and a God of provision in such a time as this. So why not Be Still-and know that we can go to the God of heaven to strengthen us day by day and know we can cast our cares upon Him, for He cares for us in every minute detail of our lives.

God bless and keep safe.

Raymond Farrell

Mental Health Counsellor.

The Heroes Project



is an inclusive project for young people aged 14-24 years with AND without a learning disability and autism. We are currently recruiting in Fermanagh and Leitrim for our next phase. We had hoped that delivery of this phase would be in Belcoo community centre. However, given the current circumstances we are hoping to reach out to young people online, through video call apps such as Zoom. It is more important than ever that young people feel connected and we have decided to continue our youth programmes online as best we can as there is scope to do so much for young people during this present time.

I was wondering if you would be able to share this leaflet and expression of interest to any families in your Church who have young people aged 14-24 via social media or email?

HEROES: Helping Equality, Respecting Others, Enabling Success

There are 3 key areas we will normally focus on:

- *Personal Development: this will be tailored to each young person's individual needs e.g. CV building, interviews skills, first aid, cookery etc.*
- *Citizenship: through this we hope that young people become and feel more valued within their community. The past groups have been involved in the local foodbanks, made Christmas logs and sold these at the Ekn craft fair and monies raised went to charity, they have also completed sponsored walks and coffee mornings etc. and have attended the Tempo Road Day Care centre to do handmade cards, jumping clay, board games and a tea party with the service users who have dementia or survived a stroke.*
- *Good Relations: through dance, cookery, arts/crafts we hope to raise young people's awareness to different cultures within their community.*

This is a great opportunity for young people to build their voluntary experience and add to their CVs as we have a graduation celebration at the end of the phase and give everyone certificates for their achievements throughout the project.

If anyone is interested in participating they can contact me (Melissa Hanley) for more information

on: 07920361707

or via email: melissa.hanley@mencap.org.uk