



# ROSSORRY

## PARISH CHURCH

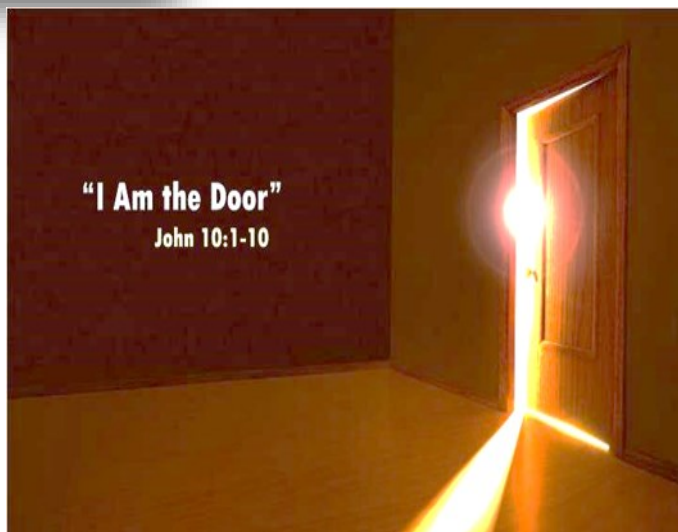
Week commencing  
Sunday 3rd May 2020  
*The Fourth Sunday  
of Easter*

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 PARISH GRAVEYARD

Is open again for visitors and families.  
Please observe rules on gloves, sanitiser  
and social distancing

*Thank you.*



### CHURCH SERVICES

As we cannot meet together in Church, we are providing services by other means. The Website ([www.rossorryparish.com](http://www.rossorryparish.com)) will continue to provide the **text** and **audio recordings** of services, a shorter version of Morning Prayer and a shortened service of Holy Communion for use on Sundays. The Rector is currently providing recordings of services (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.

**DONT FEEL ALONE, WE ARE HERE TO TALK!**



**028 66 320 230**

7 days a week 9:30am-2pm

Answer machines outside these times. Please leave your name and number.

### **A friendly chat**

**Information and help to link you to the right support and services in your area**

**Are you over 18 and living in Fermanagh?  
Are you feeling lonely or anxious?**

**or**

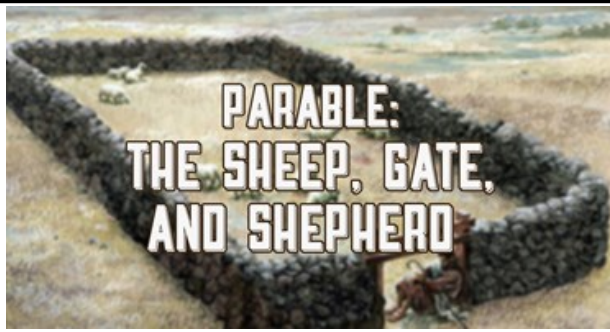
**Are you home alone with your children and missing an adult to chat to?**

**or**

**Are you worried about someone and think they could benefit from a weekly check-in to see if they are ok?**

**Phone Connect Fermanagh and we can provide:**

Answer machines outside these times.  
Please leave your name and number.



**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.**

**<sup>4</sup>When he has brought out all his own,  
he goes ahead of them, and the sheep  
follow him because they know his voice.**

### **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**

### ***Church warns of scam targeting 'vulnerable people'***

The Diocese of Down and Connor says people need to be "vigilant" after it was made aware of a scam involving "unscrupulous individuals".

The diocese says criminals have been calling to vulnerable people "and offering to take their weekly parish envelopes to the church and also offering to do their shopping, but wanting cash up front".

The diocese says parish envelopes are not being collected at this time and people should retain them for safe collection "once government policy allows"

The statement continues: "These fraudulent scams are criminal and have been reported by the Diocese to the PSNI".

"The Diocese of Down and Connor would encourage all people, and particularly families of vulnerable adults, to be vigilant to such criminal activity."

***Our Parish is following this same policy.***

### **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**







## **Welcome Archbishop John**

*28th April 2020*

Bishop John McDowell today “translates” from being Bishop of Clogher to become Archbishop of Armagh. On this momentous day we, in Rossorry, wish him well, his wife Mary and their daughter Dorothy and thank him for his sound and wise leadership over the last few years. and pray God’s rich blessing on them, for all that lies ahead on their journey.

### **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](mailto: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](mailto: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

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 <a href="mailto:info@enniskillen.foodbank.org.uk">info@enniskillen.foodbank.org.uk</a>
Elim Church – storehouse food bank	Food parcels delivered to those in need	Pastor Nigel Elliott – 07595654414 (028) 66329972 <a href="http://www.enniskillenelim.com/">www.enniskillenelim.com/</a>

<b>Ballinamallard</b>		
Beattys Spar	49 Main Street	028 6638 8136
K. Moore Butchers		

<b>Bellanaleck / Arney / Florencecourt / Cleenish / Killesher</b>		
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: <a href="https://cleenishkilleshersupport.com/">https://cleenishkilleshersupport.com/</a>	
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.	
	<b>Pharmacy</b> 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.	

<b>Derrygonnelly &amp; Surrounding area</b>		
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:  <a href="http://derrygonnelly.org/">http://derrygonnelly.org/</a>  Eadaoin Love: 07799148196 <i>currently seeking Volunteers to help in the area</i>
<b>Ederney</b>		
Monaghans MACE	Church Road	028 68633010
Irvine Farm Supplies	Order by 1pm please	02868631274
<b>Enniskillen</b>		
McBrides Spar	Scaffog, Sligo Rd	028 66 323007
Costcutter	Diamond	028 66 340730
Costcutter	Cornagrade	028 66 340730
Gillens Fuit & 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
<b>Letterbreen</b>		
Spar	02866 341300	028 66 341300
<b>Lisnaskea</b>		
Costcutter	Main Street	028 677 21276
<b>Tempo</b>		
J Trimble Meats	Pubble Rd	028 895 41477 / 07771731025
<b>Maguiresbridge</b>		
Frazers NISA (8am-1pm)	Main Street	028 677 22239 / 07718434943
Irvine's Butchers	Main Street	02867723312
<b>Trillick</b>		
Sproule Vivo		028 89561 825

## **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 too, 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.

Psalms 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.

### ***Dealing with Stress***

Stress is something we will all experience from time to time in our lives. It is a normal reaction to change or life events taking place around us-it is something we all handle differently as individuals and indeed can be a motivation for many to focus and prepare for things that are ahead of us.

As the Coronavirus pandemic grips our world, it can leave many feeling afraid, insecure and even more isolated from our friends and family. Not being able to go to work, coping with the children every day who want outside to play, fear of redundancy are just some of the stressors people have to deal with day to day at this time

Stress can not only lead to catastrophic type thinking but can also impact us physically with such symptoms as headaches, nausea or bodily tension. Some people struggle internally with stress- feelings of inadequacy, while others struggle with external stressors such as world affairs, family issues or feeling they do not have control over things around them.

What should we do with stress when we feel some of the aforementioned triggers or symptoms. Using the acronym STRESS, lets look at potentially helpful strategies to help tackle the symptoms.

**S- SOCIAL ENGAGEMENT** is really important when feeling lifes pressures .When unable to meet people face to face or have engagement with family, a telephone call, letter or email are just some of the ways we can keep in touch with those we cannot meet up with. Receiving a card in the post for someone who feels isolated and alone can really make their day!

**T-Take time to TALK** about your cares to someone who could maybe make a difference. Its not healthy or good to keep things in most of the time. We need to share with someone who can help or is a good listener.

**R- REST** is really important when feeling overwhelmed with life events. Try and do something positively distracting to rest our mind from its cares.

**E- EXERCISE and EATING** are natures anti stressors. A brisk walk and healthy food can be really good in keeping a healthy mind.

**S-SLEEP** is really important in times of stress. A regular bed time routine, set time to go to bed and reduced stimulation or a heavy meal at night can all help. Reduced caffeine can also contribute to a good nights sleep.

**S- The importance of STRUCTURE** is really important to our day at times of stress. What can I do to lift my mind? What task is manageable or pleasurable Today? This all helps lift the mood.

From the Christian perspective it is important to look at stress in light of our faith and commitment to God

Are we considering hard times-

**S-SPIRITUALLY-** Is God speaking to me or do I need to look at this in light of my faith journey? Colossians 3;15.

**T-Talking to God-**its called PRAYER. What does God say or should I be taking my burdens to him more? "Cast your Care upon Me, for I care for you." Philippians 4-6;7

**REST-** come apart and REST awhile- the words of Jesus to His disciples when life was busy . Mark 6;31.

**E-Eat** or TASTE and see that the Lord is good. Spend time in His Word to renew our strength. Psalm 34;8. Isaiah 40;31

**S- Fellowship or SOCIAL** contact with other christians is really important to encourage one another. A simple phone call or Zoom call can really help! Hebrews 10;25

**S- know that we are SECURE** with the one who despite our challenges has promises He will never leave us or forsake us. Deuteronomy 31;6

So have a great day and God bless

God bless and keep safe.

*Raymond Farrell*

Mental Health Counsellor.