



ROSSORRY

PARISH CHURCH

Sunday 19th July 2020
Sixth Sunday after-
TRINITY



The Rector is taking a well earned break for a couple of weeks. He has recorded a 'Short Morning Devotion' for each of the two Sundays he is away on Rossorry Parish Church Facebook.

If you would prefer a full service—log onto St. Macartin's web page for Sunday Worship.

SELECT VESTRY

Return to In-Church Worship

The NI Executive has signalled that churches are permitted to reopen for public services from 29th June, provided social distancing, hygiene and other necessary requirements are followed. The Church of Ireland has also issued a set of guidelines entitled *Return to In-Church Worship Protocols* to help select vestries prepare for such a return to public worship in churches. The document makes it clear that Churches should only reopen when the incumbent and select vestry feel they can do so safely.

It must be remembered that when we reopen it cannot be church as we previously knew it. Due to continuing restrictions this will include the following:

- *A limit on the total number who can attend due to social distancing*
- *Hand and respiratory hygiene requirements*
- *Management of the congregation entering and leaving church*
- *No prayer books*
- *No singing*
- *Shortened services*
- *Appropriate cleaning regimes*
- *Recording details of attendees*
- *A response plan should anyone attending show symptoms of Covid-19*



The select vestry is conducting the necessary risk assessments and making full preparations.

The date for the reopening of Rossorry Church is
Sunday 2nd August 2020 at 10 am

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 Rector is on holidays for two weeks from Friday 10th until Friday 24th July 2020.
If you require Pastoral care or support during his absence—ring the Rectory as normal on
02866 320239
and you will be redirected.

Pastoral cover is being provided during the Rector's absence by
Dean Kenneth Hall
at St. Macartin's Cathedral
02866 322465

FREEWILL GIVING

Because we have not been permitted to hold Sunday services in church for some weeks, now, many of you have been asking how you can contribute your weekly collection envelopes and other donations.

We would like to let you know that we have devised a way of doing that.

On the last Saturday of each month—(next date—25th JULY 2020)

you will be able to bring your envelopes or send them with a friend to the church door and two members of the Select Vestry will be there to receive them. We plan to have a system in place where you can drive up and drop off your donation and at the same time observe social distancing.

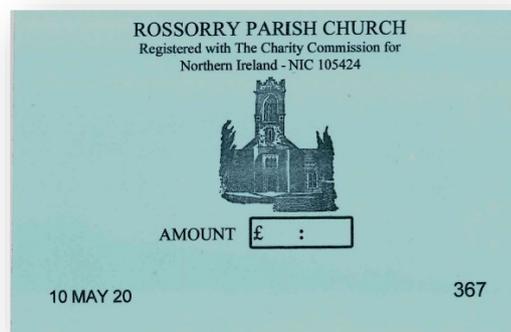
Throughout the period of the Pandemic, the Parish continues to have ongoing costs and your contribution is vital in sustaining its work and ministry.

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**

You may also drop envelopes off at the Parish Office letter box or consider a bank transfer—include the Reference "FREEWILL + your envelope number"—so we know who has sent it for recording purposes.

Thank you so much everyone.





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, ,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](#)) 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.

Connect Fermanagh

**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.

ROSSORRY PARISH GRAVEYARD

Is open again for visitors and families.

**Please observe rules on gloves,
sanitiser and social distancing**

Thank you.



AISLING CENTRE IS HERE FOR YOU

*The door may be closed
but we continue to support the community during this time*

*We are pleased to confirm that we have moved to a
telephone/e-counselling service &*

WE CONTINUE TO ACCEPT COUNSELLING REFERRALS

Referral forms can be downloaded from our website
www.theaislingcentre.com

or *Contact us on:*

Telephone 028 66 325811 / E-mail info@theaislingcentre.com

*Our phone lines are open during normal business hours &
we will respond to post, e-mail etc as quickly as possible*

*We hope you stay safe and well and encourage everyone to
adhere to the guidance given to keep us all safe*

Registered with the Charity Commission for NI: NIC101097

Thank you to the many people of Fermanagh and surrounding areas who are continuing to help us support your family, friends during this crisis through your donations on our local giving page

Donate: www.localgiving.com/aislingcentre

Follow us on: Facebook & Twitter

IF YOU ARE IN CRISIS OR DISTRESS

AND NEED TO TALK TO SOMEONE

CALL FREE 24/7

LIFELINE - 0808 808 8000

SAMARITANS - 116 123

or e-mail jo@samaritans.org



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 or email:-
rossoryoffice@btinternet.com



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.

LOOKING AFTER YOUR MENTAL HEALTH

in light of Covid-19

with

Raymond FARRELL



‘Challenging Negative Self Talk.’

One thing we cannot do is stop thoughts coming into our mind. We are continually interpreting everything that is going on around us and this in turn will impact how we feel and ultimately behave. If our thoughts are positive in nature, we are likely to be in a good mood but if they are negative, our mood is likely to plummet. When living in isolation we are more vulnerable to allow negative thoughts to get that toe hold on our minds and if not checked they can become a stronghold and in some cases lead to depression.

Such form of negative thinking can take the form of:

Jumping to conclusions-- we make our mind up without having considered the full facts available to us.

Catastrophizing-- Taking what can be a relatively minor event and imagining all sorts of disasters to follow.

All or nothing thinking--seeing everything in a very black and white way while completely ignoring the grey or any possible middle ground.

If we find this has become a problem in our lives it is important to talk to someone . When we stay alone with our negative thoughts they can become overwhelming and are more difficult to challenge. When we share them with a trusted friend, counsellor or GP for example we can often get another perspective which allows us to move forward in other ways instead of heeding the negative self talk when it arises. What is important is that we actually challenge our negative self talk in the following ways;

Catch it- recognise when you are having unhelpful thoughts.

Control it--Stop! When you find yourself thinking negatively say STOP to yourself.

Challenge it-- Challenge what you are saying to yourself and look at from another perspective even with someone you trust.

Change it-- Change the negative message to a more realistic or positive one and experiment with that.

Cherish it-- Be pleased that you have actually sought to do something about and what

difference it can potential make.

In the book of Phillipians, Paul sought to encourage believers not to allow negative thinking to dominate their minds. (Phillipians 4v6). He encouraged us to take our anxieties to God in prayer. It is important as Christians that we seek to build up our minds with wholesome thoughts and to take care with what we fill our minds with. Are we spending time in Gods Word to look at things from Gods perspective? Do we pray enough about such things before we do anything? How should we direct our thoughts? Paul tells us that whatsoever things are true, whatsoever things are noble, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there is any virtue and if there is anything praiseworthy- meditate on these things. may God help us to think on these things.

God bless and have a good day.

Raymond Farrell

Mental Health Counsellor.



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 osolating 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

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		
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

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 <i>currently seeking Volunteers to help in the area</i>

Ederney

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

Enniskillen

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

Letterbreen

Spar	02866 341300	028 66 341300
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Lisnaskea

Costcutter	Main Street	028 677 21276
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Tempo

J Trimble Meats	Pubble Rd	028 895 41477 / 07771731025
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Maguiresbridge

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

Trillick

Sproule Vivo		028 89561 825
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