

# OUR NEWS

## MAY 2020



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## MENTAL HEALTH AND WELLBEING: CARING FOR YOURSELF & OTHERS

The Church of England has provided guidance on mental health and wellbeing during this strange and testing time.

Infectious disease outbreaks, like the current Coronavirus (Covid 19), can be scary and can affect our mental health. This is true within the Church context. However often we think that our faith should get us through alone. But the reality



is, we are all human and subject to both physical and mental ill health. This is true of congregations and of ministers. It is easy to be so busy looking after others' needs that we forget our own!

The guidance is aimed at helping us to better understand the sorts of mental health and wellbeing issues that individuals within our communities might be experiencing and offer support; and for us all to be aware of our own mental health and wellbeing and the need to try to stay both physically and mentally well at this time.

[Read the full guidance here.](#)

## BEREAVEMENT SUPPORT AVAILABLE

While large numbers of those who catch Covid-19 recover, sadly people are dying.

In response to COVID-19, organisations from across Cornwall have accelerated their plans for a joined-up approach to bereavement services, so that people who suffer the loss of a loved one can quickly and easily find information.

Around 85 organisations have already signed up to the network

including faith groups, counselling services, hospice care, funeral services, NHS and council services, support groups, and professional support services.

The diocesan website also has resources for those helping children, young people and families with bereavement along with a list of organisations working specifically in this area.

[Access all the resources here.](#)

## CHURCH BUILDINGS & CORONAVIRUS ADVICE

The Church of England has issued a revised version (Version 3) of its guidance for parishes on caring for closed church buildings, reflecting the decision of government to extend lockdown by another three weeks.

You can find the document on the [Coronavirus FAQs page](#) of the Church of England website. There is also a [direct link](#) to the document itself. The preface has been substantially re-written to update the context of this advice – please do read – and as usual other changes have been indicated on the first page.

## PRAYERS FOR ISOLATION

To help you pray and for ideas on how you can worship even if not gathered, we have collated some resources on the diocesan website. To see the daily prayer visit <https://www.trurodiocese.org.uk/resources/covid19/prayers-for-use-during-this-period/>

[+ READ MORE](#)

## SUPPORT & INFORMATION

The diocesan website is being updated constantly with the latest information so please do visit <https://www.trurodiocese.org.uk/resources/covid19/>

**THE  
PARISH GIVING  
SCHEME IS OPEN!**

Find out more [here](#)

## MAUNDY MONEY ARRIVES BY POST

A great many life events are on hold, delayed or even cancelled during this time of lockdown, including those that only come once in a lifetime, like being given Maundy Money by the Queen.

Lay Canon Carrie Tucker, Secretary to Readers, was to be awarded the honour of receiving Maundy Money from Her Majesty the Queen, in person, at St George's Chapel Windsor, followed by lunch at Windsor Castle. Instead, Carrie, like so many others at this time, had to be content with plan B – a letter personally signed by the Queen and parcel in the post.

In the letter, the Queen expressed her thanks and disappointment at not being able to honour Carrie's commitment by physically giving the



Maundy Money to her in person.

"I know that you, as a recipient of this year's Maundy Gift, will be as deeply disappointed as I am that it is not going ahead."

The Queen continued: "This should not mean your invaluable contribution within the

community goes unnoticed, and I am sending this Maundy Gift to thank you for your Christian service."

Carrie said: "I dressed up with nowhere to go, apart from my garden! But it was a great honour nevertheless."

[READ MORE](#)

## ROPF DEADLINE - JUNE 15 HELP AVAILABLE

The deadline for the Return of Parish Finance forms is June 15, 2020.

You can continue to submit the annual reports and accounts to us as normal, but we do understand there may be challenges this year so please do contact us if you require assistance.

The form can be completed online [here](#).

## MAY DIOCESAN SYNOD

It is hoped the diocesan synod planned for May 26, 2020, will go ahead although the manner in which the meeting will take place has not yet been agreed.

Once known, the details will be available on the diocesan website.

# LET'S MAKE THIS A TURNING POINT FOR US ALL

By Jac Smith

April included Earth Day. Seemingly there was much to celebrate, with skies clearing, birds singing, animals reclaiming spaces and the planet drawing deep and plentiful breaths from an earth that seems to be reviving.

Yet the price for this re-birth is catastrophic for so many. The global pandemic is causing so much heartache, taking away family members too early. It's indiscriminate, claiming the lives of those who are giving the most and have often been valued the least. It has nothing to do with strength and resilience, as Emily Maitliss said in an unprecedented soliloquy on Newsnight, it is the great leveller and it is taking the best of us. Those on the frontline, those who have given so much and those who still have so much more to give.

But, in all this sadness we have slowed down. People are valuing the time they now have, their families, loved ones and the simple purity of human touch. An embrace, a reassuring squeeze that stops us from feeling alone.



Photo by Jan Meeus on Unsplash

The planet is taking deeper breaths, dolphins have been spotted in the now clear waters in Venice, 8 out of every 10 flights is cancelled, crude oil has no value, the Taj Mahal can be seen in all its splendour, safari animals have reclaimed their land and all of us wake up to birdsong instead of traffic.

**Churches are living out what they have always known – that faith has nothing to do with buildings. Thousands upon thousands are accessing live-streaming services, one of the biggest searches on**

**Google is 'How do I pray?' and people are asking the biggest questions of all, searching for the answers in faith.**

Churches are also getting creative. Asking themselves, how do we reach people now that people cannot come to us? From online streaming to dial in church services, enchanting services from bishops about turning bananas into penguins to making their quiet places accessible through the magic of virtual reality.

Paul Church near Penzance is part of the Quiet Garden Movement and has opened up its gardens to everyone, creating a beautiful sequence of photographs to lose yourself in – even if we cannot physically be there. Take the virtual tour [here](#).

So following this Earth Day, let's make this a turning point. A time when we pray collectively that lessons are being learnt about our planet, ourselves and our values and that we do everything we can to hold onto to that and not return to the frenetic pace of life, consumerism, waste and disregard for our planet.

## VOCATIONS SUNDAY GOES ONLINE: JOIN US!

Sunday, May 3 is National Vocations Day and we are hoping you will join with others across the diocese and wider church to reflect on and encourage vocations. This means calling to serve God in church and the world – in all sorts of roles, lay and ordained.

To assist you, we have created some resources and videos, which we hope you will join us in using on May 3 between 2pm and 3.30pm but will be available for you to use at any time. The resources and videos will be available on the [diocesan website](#).

Bishop Philip will be introducing the event and there will be input from Jem Parker, currently undertaking the diocese's ministry internship

programme and Rose Jones who completed the internship and went on to be ordained as a curate in the diocese last year. There will also be input from Revd Jane Horton and Revd Canon Jane Vaughan-Wilson, diocesan director of ordinands.

It might seem strange and even inappropriate to some people that we should be thinking about vocation while still very much in the midst of the grief and loss, the fear and anxieties and the enormous challenges of this current Coronavirus/Covid-19 pandemic season. But in the midst of the seismic events and tsunami of emotions, of the ground being tragically 'turned over' in people's lives, perhaps for many of us it's a time when we naturally find ourselves asking big questions about life.

## ENVIRONMENTAL WORK STILL TO DO IN LOCKDOWN

Now is a perfect time when we can focus on what we can do outside, perhaps plan children's church activities online, or highlight opportunities on the church notice board.

*By Luci Isaacson,  
Diocesan environmental officer*

Why not advertise what is going on around your churchyard if you are nearby and can see it on your daily exercise? Or suggest taking [action for insects in your home and garden](#)? Perhaps you might like to highlight via your noticeboard the [£10m to boost tree planting in second auction of Woodland Carbon Guarantee](#)? You might be considering putting together Outdoor Worship. Some resources can be found [here](#).

The new tool for entering energy returns and calculating carbon footprint and benchmarking grades for churches will open soon and will remain open through the summer.  
The annual diocesan environment

service, which was due to take place on September 13 has been cancelled, however that gives you more time to go for [GOLD!](#) Awards will be presented at the next service on October 3, 2021 at 3pm in St Martin's Church, Liskeard. This also provides time to look through the categories as we start to work towards Carbon Zero 2030.

Greening Worship events will proceed in May, if you would like to book please get in touch with [Lydia Remick](#).

Environment Champion Events will take place in the comfort of your home in May or June. You can book here by selecting either [May](#) or [June](#).

Finally, if you would like to receive the eco newsletter, [please join here](#).

## GREENING WORSHIP WORKSHOPS IN MAY

Members of the clergy, local worship leaders and readers are being invited to join one of two 'Greening Worship' workshops during the month of May.

The events will be held via Zoom, and encourage questions and the sharing of ideas via the 'chat' function.

"More and more churches are wanting to include the many aspects of environmental issues within their worship," said diocesan environment officer Luci Isaacson.

"Caring for creation has become one of the central themes in the life of our churches – you only need to look at the 2020 Live Lent digital campaign and the recent vote of General Synod to work towards a Net Zero CO2 emissions target by 2030," she said.

The Environment Core Group is offering these two workshops for worship leaders, lay readers and clergy to resource them to lead 'green' services in their own churches and potentially also in other churches in their areas.

The workshops will be held on Saturday, May 16, at 11am and Wednesday, May 20, at 7pm. Both sessions will be recorded, and links will be published on the environment page on the diocesan website.

The workshops will cover the theology underpinning our care for creation, and offer lots of examples of readings and prayers and suggestions for different kinds of worship. They will explore how this theme can be incorporated into worship at many different times of the lectionary year.

Luci will be on hand to share illustrations and activities she often uses herself.

### GET INVOLVED

If you are interested in attending one of the sessions, please email Rosey Sanders on [rosey.sanders@truro.anglican.org](mailto:rosey.sanders@truro.anglican.org). Rosey will send you the Zoom link and some additional materials in advance for use during the sessions.

If you don't use Zoom, please feel free to call Luci for a chat on 01872 241239.