

GOOD NEWS

I am looking for positives to share to help lift the mood. Let us know what you are doing to pass the time, your ideas may inspire someone trying to think of something and it lets your friends know how you are. Your few words will show others you are well and maybe even give them a smile. Linda Baker.



Jenny Collings suggests a routine of daily exercise. (there's the Physio talking!) She has found a simple, 20 minute, slow qigong ex programme on the internet. **Qigong Full 20-Minute Daily Routine.** It is done by an old lady in a beautiful garden with birds singing. It takes a few goes to learn but there are instructions on What to do. Jenny is also walking purposefully around the garden as though on a walk and increasing the circuits or lengths every few days. If you have stairs, go up and down several times increasing the numbers. Not using your hands to get out of a chair is another good thing to practice. She says the list could go on!! The important thing is the competition with yourself!!

Rosemary Harris and her sister are filling the days really positively. They have done a lot of clearing out and cleaning. She gets a thought for the day from Pam Pointer which she finds really encouraging. Using technology, finding it challenging but persevering.

Stan Baker is walking for a short time each day, using his exercise bike and has a list of friends and family he is ringing on a regular basis for a chat. He is happy for people to call him too.

Debbie & George Mussellwhite. Are enjoying sitting outside together listening to the quite sounds that often we don't hear. The birds, children playing and the Cathedral bells letting us know that God is here.

Please keep your comments coming as they are really appreciated by all and you can do this by either contacting the Parish Office 07925 108856 or emailing to harnhamparish@btinternet.com



EASTER SUNDAY
12th April 2020

Alleluia! Christ is Risen!

**God of glory, by the raising of your Son
you have broken the chains of death and hell:
fill your Church with faith and hope;
for a new day has dawned and the way to life stands open
in our Saviour Jesus Christ. AMEN.**

READINGS

Colossians 3: 1-4

Matthew 28: 1-10

We are excited to now have a new online link to extra talks and clips from the clergy and leadership team for specific services. Please do look by 'Googling' Harnham Parish You Tube or through the link: <https://www.youtube.com/channel/UC9V2rf--r5MQuO0nbtVRI2Q>

PLEASE NOTE

Our website is being updated and will be out of action on Tuesday and Wednesday of next week.

In Harnham, we are continuing to focus on Prayer and Service to our local community.

More information is available on our website including local churches offering live services of reflection, Morning and Evening Prayer:

www.harnhamparish.org.uk

If you have questions, are in need of help or support, or would yourself like to help, please contact:

Charles Woodd - 01722 323447 Jane Greenaway - 01722 328583

Revd Becky Roberts - 01722 333564

Parish Office - 07925 108856 or harnhamparish@btinternet.com

Would you please PRAY for:

- ❖ that we all may know the light and joy of the resurrection life this Eastertide.
- ❖ the Peace of Jerusalem and the People of the Land of the Holy One.
- ❖ Episcopal churches in South Sudan and Sudan: Please pray for the Rt Revd Saman Farjalla, Bishop of Wad Medani.
- ❖ the Archdeacon of Sarum – the Ven. Alan Jeans.
- ❖ the World Health Organisation, hospital staff and all who are suffering from the Corona Virus.
- ❖ our mission partners Jane and Derek Waller in Madagascar where Covid 19 has reached.
- ❖ those who live in Cecil Avenue and Meyrick Avenue.
- ❖ those who are sick, and all who care for them especially Rita Jacob, Ann Baker, Marion Webb, Angela Mould, Jane Elliot, Revd Brian Coleman, Revd Simon Wilkinson, George, Eithne Neame, Ian Davidson, Sister Theresa Mary, Brian and Kath Glover.
- ❖ those who have died especially Sylvie.

More Good News

Ina Miles had her birthday this week and all the neighbours in her road stood on the doorsteps and sang Happy Birthday to her.

Charles Woodd has been discovering the many roads in Harnham where neighbours are looking out for and helping those who can't get out themselves, either simply by knocking on their neighbours' doors, or dropping a note through the letter box, or by organising an email or What's App Group to keep in contact. He's also found more than a dozen wonderful volunteers of all ages, who are ready to help those people who don't have family or neighbours on hand, through the Harnham Community Network.

Jane Greenaway is having a weekly virtual coffee morning with 4 swimming friends and her daughter Rachel is having a virtual dinner party with 2 London friends on Saturday evening. Everyone is making spaghetti bolognaise for it! (She says guess what her and James will be having?)

Debbie Mussellwhite has sent in the following prayer that she thought some may find a comfort.

Be at Peace.

Do not look forward in fear, to

The change in life;

Rather, look to them with full

Hope as they arise, God,

Whose very own you are,

Will lead you safely through

All things;

And when you cannot stand it,

He will carry you in His arms.

St Frances de Sales - Bishop of Geneva.

Hardship Fund

Some people are clearly going to be very hard hit by the Coronavirus, for a variety of reasons. The Parish has a Discretionary Fund which can be used to help Harnham residents in serious difficulty. We have been asked whether donations would be welcome. They would! If you would like to donate to the Fund, please send a cheque payable to Harnham PCC to the Treasurer, Michael Fisher, 88 Harnham Road, SP2 8JW, or make a bank transfer to Harnham PCC, sort code 30-97-41, acc no 00557482, and give *Discretionary Fund* as the reference. You can also Gift Aid your donation, so please give your name and address, so where applicable we can send you a Gift Aid form. Thank you.

Church Buildings and Churchyards

Following guidance from the Church of England we are writing to all the key holders of our churches and Parish Hall asking them not to use their keys to access the buildings whether it is with the aim to do a task or not. It is seen as not essential. The only people with access to our buildings are Charles Wood for St George's, Jane Greenaway for All Saints and Linda Baker for the Parish Hall. This will only be for emergencies.