

**We pray for those who have asked for our prayers:**

Marilyn Evans, John Benée, Christine Minnis, Joan Wright, Lesley and George Watkin, Sylvia Harris, Virginia Por, Jean Robinson, Mavis Edwards, Peter Gordon, Brenda Bebbington, Lillian Clarke, Becky-Leigh Jode, Jill McCarthy, Tom Smart, Julie Stainer, Anita Gentry, Terry and Carole Wall, Dave Imbert, Betty Marshall, Kay McKinnon, Irene Goodrum

**We continue to hold in our thoughts and prayers:**

Queen's Hospital, King George's Hospital, The Willows, Barleycroft, NHS Support Staff, Nurses, Doctors, Medical Researchers, Ambulance Crews, Politicians, Metropolitan Police, Schools & all front-line workers

- [www.chelmsfordcathedral.org.uk/church-at-home](http://www.chelmsfordcathedral.org.uk/church-at-home)
- [www.churchofengland.org](http://www.churchofengland.org)
- [www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)
- [www.CofE.io/ChurchOnline](http://www.CofE.io/ChurchOnline)
- [www.havering.gov.uk](http://www.havering.gov.uk)
- [www.veganuary.com](http://www.veganuary.com)
- <http://www.standrewsromford.org.uk/fund-raising/>

The Daily Hope Line 0800 804 8044 (free to call) offers music, prayers and reflections as well as full worship services from the Church of England. It is available 24 hours a day and has been set up particularly with those unable to join online church services during the period of restrictions in mind.

Shout is for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text: 85258 (free to text)

Samaritans provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. Telephone: 116 123 (free to call)

**Dealing with loneliness and isolation – five top tips**

Find simple ways to deal with loneliness and isolation.

1. **Pray.** Light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.
2. **Talk about how you feel.** This may be difficult if you are self-isolating, but do use the telephone, internet, and social media. If you need to contact a counsellor this can be arranged by your GP, or via local agencies, or privately. The Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.
3. **Focus** on the things that you can change, not on the things you can't.
4. **Look after yourself** - physically, emotionally, spiritually. Plan things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.
5. **Look after others.** Even if only in small ways, but do what you can: a smile, a kind word, writing a letter or an email.

<https://www.churchofengland.org/resources/mental-health-resources/dealing-loneliness-and-isolation-five-top-tips>

**Mark 8.31 – end**

In today's reading from the Gospel of Mark, anxieties are running high as Jesus begins to prepare his disciples for the difficult events to come. This information Peter found too much and he rebuked Jesus. Jesus then publicly rebukes Peter: "Get behind me Satan!"

**Priest-in-charge: Revd Lara Ellen Dose**

The Rectory, 119 London Road, Romford, RM7 9QD Tel: 01708 728583 Email: [lara\\_dose@hotmail.com](mailto:lara_dose@hotmail.com)

**Churchwardens: Stephen Rayment and Sharon Shirley**

**Parish e mail:** [standrewsromford@gmail.com](mailto:standrewsromford@gmail.com)

**Parish website:** [www.standrewsromford.org.uk](http://www.standrewsromford.org.uk)