



The Covid-19 pandemic and the Government's constantly changing restrictions are causing lots of uncertainty which can be quite stressful; so here are some common-sense tips for coping:

1. Concentrate on what we know for sure; for example, wearing masks, washing hands, disinfecting surfaces, and maintaining social distance can reduce viral spread.
2. Avoid black and white thinking. Let's recognise that almost all situations and choices are accompanied by infinite shades of grey. Every choice we make involves a risk. Even staying "safe" in bed can carry the risk of obesity if we never go outside!
3. Understand what the restrictions are trying to achieve and respect them while prayerfully using good sense to find ways that work best for you, without incurring unnecessary risks.
4. Learn to live with uncertainty. From this perspective, every decision we make has benefits, drawbacks, and uncertainties. There is no such thing as a perfect solution.

To enjoy life during these uncertain times, we need to trust God and to improvise and adapt to the ever-changing situation around us. [Click here](#) for more about practical wisdom.

If you would like to briefly join in prayer with others during the week, just click on this Zoom Link at 6.00pm each Thursday evening:

<https://us02web.zoom.us/j/81467473384?pwd=cXZGNGZYUFFVNjc3SkIOWnNOQkFnQT09>

All online services can be accessed by [clicking here](#) 

Sunday 22nd November - Christ the King - Sunday next before Advent

Online worship:

9.30am "Audio BCP Matins"- (JM) - On Saturday evening, all those on the email distribution list will receive the Audio BCP. If you don't receive it and would like to, please contact Revd Arthur. The Audio BCP will also be available from Saturday evening on the CVB website.

11.00am "Informal Worship with fellowship" - (DM) - online via Zoom and available to view later on YouTube.

7.00pm "Reflections and Prayers" - (DM) - online interactive via Zoom. Please contact Revd Arthur (championarthur@gmail.com) if you would like to join any of our Zoom services but don't already receive an invitation.

Monday 23rd November

9.30am "Morning Prayer" - (DM) 45 minutes. Zoom link available from Revd Arthur.

Thursday 26th November

6.00pm - "Brief prayers for the nation during C-19" Just click here to join

<https://us02web.zoom.us/j/81467473384?pwd=cXZGNGZYUFFVNjc3SkIOWnNOQkFnQT09>

Sunday 29th November - Advent Sunday

Online worship:

9.30am "Audio BCP Matins" - (MV)

11.00am "Benefice informal worship with fellowship" - (AC) - online via Zoom.

7.00pm "Reflections and Prayers" - (MV) - online interactive via Zoom.

In our prayers this week - On Sunday, 22nd November, we will hold the people below in our thoughts.

Years Mind: Gwendoline Hale, Doreen Willmott, Albert Young, Barbara Hughes, Julia Fisher, Cynthia Hughes, Barbara Gardener, George Malfait, Elton Birden.

Those who have died: Andrea Shutt, Frederick Russell.

For our Prayers: Steven and Matthew Dykes, the Milroy family, Jenny See.



Walk around Cowley parish... The next, and unfortunately final, "virtual walk" in this 2020 series is planned for *Saturday 21st November* at 10.30am. This will be around the parish of Cowley. So do join the Revd Arthur on Saturday morning. If you have any queries about this great series of walks in the CVB please contact Revd Arthur on : championarthur@gmail.com



CVB Advent Course - Our Advent course starts on Monday 23rd November at 7:00pm. It will



be via Zoom and will last for 45 - 60 minutes. We will be looking at the "Advent Songs" from Luke's Gospel, starting with the song of Zechariah, known as the *Benedictus*. The song itself can be found in Luke 1, v 67 - 80, but useful background reading occurs earlier in the chapter in verses 5 - 25, 39 - 45 and 57 - 66. Some introductory material will be available on the Benefice website. The Study

will be accessible from the Benefice YouTube channel or via:

<https://us02web.zoom.us/j/9582609654?pwd=ZnAya24vcC8vL0duU044aVg0eGZGQT09>

Any questions? Please contact Mark Venn (01285 831209, or email mark.w.venn@btinternet.com).

Donations sought for Christmas parcels - The Salvation Army shop in Dyer Street, Cirencester, will be open to receive donations for Christmas from 9am-1pm this Thursday 19th -Saturday 21st November. Please go to the back door (facing the Argos car park) and knock. Suggested gifts, which would be welcome and must be new and unwrapped, are:



0-3 years: dolls, teddy bears, cot mobiles, baby clothes, bath toys, soft books, puzzles

3-5 years: dolls and action figures, cars, lorries, colouring sets, pencils, crayons, books, puzzles

5-9 years: educational games & toys, stationery (colouring sets, pencils, crayons, school sets), CDs & family friendly DVDs, books, puzzles, wordsearches, crosswords

9-12 years: games and toys, stationery, CDs, DVDs, books, T-Shirts, hair accessories, gloves, hats

13-16 years: books, make-up & toiletries (non-allergic ingredients), gloves, scarves, hats, T-Shirts.

Thank you.

Christmas Shoe Boxes - A reminder that shoe boxes for the Women's Refuge in Gloucestershire would be most welcome both for the women and their children (ages 0-10). Pauline would appreciate donations by 30th November and can collect if necessary.

Pauline Farman - T: 01285 831891 or e: paulinefarman19@btinternet.com).

Christmas at HMP Eastwood Park - Staff are looking to give the prison a really festive feel over Christmas and are asking for small donations which can be given to the women as gifts and prizes. **Needed:** Small items such as shower gels or soaps, sweets and chocolate (no sharp objects and nothing containing alcohol or wrapped in foil please). It is also important that you do not wrap anything as everything will need to be carefully checked. **How to deliver:** Please drop any donations off during office hours (please call 01452 835511 to check there will be someone there) before 16th December to: The Bishops' Office, 2 College Green, Gloucester, GL1 2LR. (Thanks to the Diocese of Gloucester's website for this news item).