

CORONAVIRUS GUIDANCE FROM THE CHURCH OF ENGLAND *last updated on Friday 6 March 2020. The threat posed by COVID-19 has been assessed by the Chief Medical Officer as 'moderate'. This permits the Government to plan for all eventualities. The risk to individuals remains low.*

Guidance for churches - Long-standing government advice has been that 'In a pandemic, it makes good sense to take precautions to limit the spread of disease by not sharing common vessels for food and drink.' COVID-19 has **NOT** been declared a pandemic. You are advised to refrain from handshaking during The Peace and to receive Communion in one kind only if you have a cold or cough. There is no Government advice that suggests the use of the Common Cup should be suspended. Intinction is not recommended as this represents an infection transmission route as well as a risk to those with certain allergies.

In the event of increased community transmission of coronavirus, priests should take a view whether it is necessary to withdraw the Common Cup. If so they should:

- Suspend the administration of the chalice and offer Communion in one kind only i.e. the consecrated bread/wafer/host, with the priest alone taking the wine.
- Consider suspending handshaking or other direct physical contact during the sharing of the peace.
- Consider suspending direct physical contact as part of a blessing or 'laying on of hands'.

Where the priest has not suspended the administration of the chalice, communicants may nevertheless decide to receive in one kind only at their own discretion.

Whilst in places of worship, there is no need to avoid other worshipers who are well or to change normal faith practices – this includes taking wine from the communal chalice.

Public Health England recommends that you should take usual infection prevention precautions including:

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available. This is particularly important after taking public transport.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- If you feel unwell, stay at home, do not attend work or school.
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin.

Clean and disinfect frequently touched objects and surfaces in the home and work

CHILDREN IN THE PLAYGROUND

Parents/Carers, please could you ensure that your children are supervised in the playground after the service. Unfortunately, all the play equipment behind the fence in the main school playground is now too dangerous to be used and has been condemned. So please can all children not play on it and could those adults supervising the children ensure nobody goes into the fenced area. They are your responsibility!

PLEASE PRAY FOR:

- Judy Wood, Caroline Craig, Louis Furlong, David Robertson, Rachel Robertson, Logan Mazie (Jane J's great nephew), Cynthia Holland, Hugh Parkman.

If you have any items for the newsletter or for prayers, please contact Anne Taylor annejbtaylor61@gmail.com or 528505.

Notices now on the web at www.longfurlongchurch.org.uk and on ChurchSuite.

Follow us on Facebook at "Christ Church Long Furlong"



8 March 2020

EVENTS AT A GLANCE

Mon 9th March: Apprentice, 4.30 pm, Barns, CCNR

Tue 10th March: Footprints, 10.30 am, CCNR

Wed 11th March: Link, 10 am, Hall, CCNR

Wed 11th March: Friendly Cuppa, 2.30 pm, LFCC

Wed 11th March: Leaders' Meeting, 8 pm, 102 Gibson Close

Thu 12th March: Singing Circle, 10.30 am, LFCC

Thu 12th March: Bible Journaling, anytime from 6.30 pm, 3 The Spinney

TODAY WE WELCOME the Woodall family and friends in celebrating Lydia's Baptism.

WELLSPRING TODAY - our reflective service meeting in the Staff Room, drinks 9.50 for 10am start.

CONFIRMATION AND BAPTISM SERVICE NEXT SUNDAY 6.30pm

Bishop Colin will be leading and speaking at our service on 15 March. Eleven adults and young people are being baptised and/or confirmed. Please pray for the candidates – Natelle Buclanov, Caroline Dix, James Fry, Thomas Fry, Kayleigh Lucas, David Naylor, Caleb Pell, Tu Phan, Bowen Tian, Benny Warburton, Davy Williams. If you are able to help with the refreshments served after the service, please contact Logan [logan@cca.uk.net] or Christine [office@cca.uk.net]. Thank you.

LONG FURLONG QUIET DAY 28 March 10am-4pm at Aston Tirrold Centre for Reflection - *Experiencing God's Rest*.

Revd Geoff Maughan will be leading our reflections, time to pray, relax, listen & rest. Bring a packed lunch, drinks & biscuits provided, cost £5 per person - lifts available if needed. Fill in form on welcome table, or email kath@cca.uk.net

LENT BOOK

Our Lent teaching series "The Pace of Grace" is based on the latest book from John Mark Comer, *The Ruthless Elimination of Hurry*. It's well worth buying and reading!

FOLLOWING THROUGH THE TEACHING ON SILENCE AND SOLITUDE

There's some helpful resources, and a video, to help you grow in this Practice of Jesus this week – see <https://johnmarkcomer.com/blog/unhurry>
You can listen to today's teaching from the church websites: <https://cca.uk.net/talks/> or <http://www.longfurlongchurch.org.uk/media/>

READVERTISING CHURCH ADMINISTRATOR/VICAR'S PA/BOOKKEEPER POST(S)

Is God calling you to take on this exciting opportunity to play a core role in enabling the mission and ministry God is doing through Christ Church. The job description is on the website, <https://cca.uk.net/vacancies/>. Closing date for applications 30 March.

PASSOVER (SEDER) MEAL 9 APRIL

We're going to be holding **Passover (Seder) Meals** on Maundy Thursday evening this year, **9 April**. We're going to provide guidelines for any Life Group/ Small Group who would like to host one; and we're also going to host a large Seder in the church. So (i) please put the date in your diary (ii) if you are in a small group think about whether you might like to host a Passover meal (iii) consider whether you might want to help on one of the teams in the church: contacts are: catering team - Janice Gordon; set up/ set down team - Rob Beale; shaping the "service" - Keith or Kath

LEADERSHIP TEAM FEEDBACK

At our last meeting, we discussed developments in safeguarding procedures, reviewed First Aid coverage, and majored on making the annual report more readable and useful ("more of a review than a report"). With tweaking the leadership team, we also considered how best to make sure that we are supporting other teams across all areas of church life. Among the ongoing matters, we noted that there has been little take-up of experimentally having cushions available. If you want to try one, please do. If there's no response, we'll discard the plan. As always, if you have any concerns or joys, please feed them back to the team: Kath, Phil, Dave, Del, Anne, Jane, Diana and Nic.

FIRST AID TRAINING We are hoping to run a First Aid course at Christ Church soon. If you are interested in attending this training and would be willing to be one of Long Furlong's named First Aiders for Sundays please contact Phil & Kath - kath@cca.uk.net

THE ANNUAL LECTURE IN SCIENCE AND CHRISTIANITY AT ABINGDON SCHOOL

On Thursday 12 March from 4-5pm, Dr John Lennox, Professor of Mathematics Emeritus at Oxford University, will speak on 'Can science explain everything?', which is also the title of his recent book. All welcome. Visitors need to report to the School Reception on Park Road, OX14 1DE. There is visitor parking right opposite.

STEP INTO SOME FUN MISSION TO FAMILIES

Face painting. Crafts. Laughter. Chatting. Churches united in mission. Inviting families to church-run children/ family groups. What a great opportunity on our doorstep! Fun in the Park is a free event organized by Abingdon Town Council aimed at families, on Saturday 6 June in the Abbey Grounds, 10:30-3:30pm. The Church in Abingdon have hosted a stall there in recent years to make the most of the opportunity. We've always relied on a small team, but with Ed Evans no longer with us, and Sarah Fry having finished her term as Community Worker at Christ Church, we need to build a new team if we are to be present this year. There's plenty of scope for using your gifts, even for just an hour: we need set up/ set down teams; face painters; crafty people; chatty people. We need to make a decision by 12 March. So please speak to Keith or Kath if you can be involved.

FOR ANYONE PASSIONATE ABOUT PRAYING for the work among the youth of CCA and Abingdon, there will be a prayer meeting on Tuesday 10 March, 8 - 9pm, at 17 Old Farm Close, Abingdon. For further details email lydia.owen@ntlworld.com

FOOTPRINTS meets as usual on **Tuesday 10 March** from 10.30-12 noon. We welcome anyone who has been bereaved or is living with other losses. This month our morning meeting is followed by a Bring-and-share lunch. Further information from Hilary Hart 520850 or Pauline Croucher 521071.

FESTIVAL OF PRAYER

BRF/Diocese of Oxford Festival of Prayer is to be held again at Ripon College, Cuddesdon on Saturday 11 July. It offers different approaches to Christian prayer and spirituality in a day-long conference. Details of speakers and workshops are given at <https://www.brfonline.org.uk/products/the-festival-of-prayer-2020>, where you can join in addition up to three different workshops or have one-to-one sessions with a spiritual director and time and space for personal reflection. The cost for the day is £30.00, including coffee and tea, but we will need to bring our own lunch. We get a free place for every five booked – thus reducing the price from £30 to £24. If you would like to join in our group booking, please let me know (andrew.d.turner@btinternet.com) together with which 3 workshops you would like to attend.

Andrew Turner

INTENTIONAL DISCIPLESHIP CONVERSATIONS

You're welcome to join the NCR and LF Life Group Leaders at their next meeting on **Tuesday 10 March**, when we're exploring looking at how to have intentional discipleship conversations. David Heywood from the diocese will be talking about Personal Discipleship Plans, and Andrew Turner is going to introduce a simple model from Jordan Seng (from New Wine). **In the Barn**, 7:45pm.

Keith Dunnett

2020 CHURCH WALK DATES FOR YOUR DIARY - Tuesday 24 March shorter local walk; Thursday 23 April; Wed 13 May; Thurs 18 June; Fri 17 July; Fri 7 Aug short walk; Tues 25 Aug; Thurs 10 Sept; Wed 14 Oct; Fri 6 Nov. These walks will be between 3-4 miles in length. The leader will advertise where they are going two weeks ahead. All are welcome and there is a pub lunch after. Leave Christ Church at 10 am and return is usually about 2 30pm. Any queries ask Maggie Snowball 527673.

PRIME TIME 2020 PRAYER FORCE - Update

We have been asked by John Earwicker to organise prayer for Prime Time this year. We hope many people will be willing to join us to pray for its success and we propose an initial time together for all those willing to come along when we will discuss suitable dates, times, morning/afternoon/ evening, frequency weekly/monthly, etc. We recognise that there will be some - perhaps many - who might find it difficult to commit themselves to meeting up, but are willing to pray at home, so we plan to send out a weekly email of prayer needs to any who let us know their email address. We hope that the leaders of the Support Teams will email us weekly to tell us their prayer needs. As unfortunately, no-one was able to come to the meeting scheduled for 5th March we are planning the initial meeting on Monday afternoon 23rd March at 2.30 at 23 Charney Avenue Peachcroft OX14 2NZ. Please let us know if you can come, or if you are willing to join the Prayer Force but can't make the meeting: michael-gwenda@uwclub.net. 01235 529084. We look forward to welcoming you aboard the Prayer Force.

Gwenda and Michael Sams

CHURCH COUNCIL NOMINATIONS

At the APCM on 26 April we will be electing 7 new Christ Church representatives for the Deanery Synod (Abingdon and district), 5 new members of the PCC and 2 Church Wardens. Please speak to Keith, Phil, Kath or one of the wardens if you would like to know more.