

KNOX CHURCH

love faith outreach community justice

23 March, 2020.

From the minister of Knox Church, Christchurch.

Kia Ora Knox community,

I hope this greeting finds you OK. Times within a pandemic are complicated and demanding, so I say "kia kaha" - be strong and of good courage; we are not alone!

I write this letter shortly after the Prime minister announced that within 48 hours everyone should stay at home. Things are moving quickly.

We already had cancelled our morning services, since they were considered a high risk activity; but now we have had to suspend all activities involving the physical coming together of people. Also, all our workers are now required to do their work from home. We can do this - finding alternative ways to keep worship in place and pastoral connections alive. We need to take care of one another.

By an old fashioned appliance called the "telephone", we can stay in touch. Various Knox groups, like the Fireside group, already have an "are you OK" telephone network, that helps them keep connected. We want to set up a wider telephone tree for others. **So if you are keen to hear from people, or you wouldn't mind ringing someone, ring Jane in our office (379 2456)** - who will gather information and forward it to our "telephone tree" person. We don't want anyone feeling isolated or lonely. If you need someone to go shopping for you, or to pick up medical supplies for you, give us a call. We have a good number of people who are keen to help.

Jane, in keeping with the government's request that all who can work from home should work from home, will be working from home. Continue to email her, and ring her, as normal. Calls will be transferred to a parish mobile phone - but please do respect her hours of work (Monday - Friday, 9:00am - noon). If you ring during office hours, and she doesn't answer, it will be because we're still working out the redirection facility. Just leave a message, and she'll be able to ring you back.

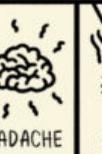
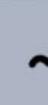
Last week, with the cancelation of our morning service, I produced a video service which I posted on youtube - putting a link on the Knox website. It was really well received by people in Kirwee, Harewood, Merivale, Cashmere, Aranui, Salt Lake City, a hospital room in China. It's being broadcast also to Pacifica people through the networks of Tangata Atua Motu. The Knox family is becoming broader than usual - and that's a lovely thing to have come out from a difficult situation. The video has, so that statistics say, been watched 125 times so far. With the new restrictions in place, I won't any longer be able to record the services in the church (since I need to stay home), but I'll continue to make the video services from the manse. Daniel will provide musical input from his home. The videos won't be slick, but they will come with love and hope - and should keep us connected as a worshipping community. By each Sunday, a link to the latest service will be posted on the news page of the website: www.knoxchurch.co.nz

I've been giving much thought to how we can maintain our offerings to the St George's / Iona foodbank. I had a good system organised, but it kind of depended on our still being able to visit the church - which we can't now. It might be that the foodbank won't be permitted to operate anyway under stage four restrictions. I'm continuing conversations with Linwood about this. As people's jobs disappear, there's bound to be an increase in foodbank need. We'll work this out somehow!

Jan, our wonderful pastoral visitor, will continue to be available to parish people. Obviously, she'll need to do this only by phone.

All of us need to monitor how we are - re. symptoms of our not being well. If you feel that you are not entirely well, please seek medical advice. This wee table could be helpful.

SYMPTOMS OF COVID-19, FLU AND COLD

	 DRY COUGH	 FEVER	 RUNNY NOSE	 SORE THROAT	 BREATH-LESSNESS	 HEADACHE	 BODY ACHEs	 SNEEZE	 FATIGUE	 DIARRHOEA
COVID -19										
FLU										
COLD										

 FREQUENTLY  SOMETIMES  LITTLE  RARE  NOT

@SIOUXSIEW @XTOTL thespinoff.co.nz

SOURCE: WHO, CDC CC-BY-SA

If you're feeling unwell, and needing to seek medical advice, please don't just turn up at the medical centre - but ring ahead and ask how you might be received.

It is said, at this time, that an important thing is the washing of hands. Whenever you've been out, please wash your hand thoroughly - with soap for at least twenty seconds, drying your hands well afterwards. Hand washing advice is available at:

<https://covid19.govt.nz/how-were-uniting/wash-your-hands/>

Practical advice on self isolation is available at:

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public/covid-19-self-isolation>

And at the end - you belong to a community that cares about you, and wants to keep vital your being part of the vine. "I am the vine, and you are the branches", said Jesus. Especially in times of compromised connectivity, we need to "stay in the vine".

Please also be aware that it's not just all about Knox. We all live in neighbourhoods, surrounded by neighbours. They too are God's people, and have needs and vulnerabilities. They need us, in these days, to be good neighbours to them.

More news may come, but for now, may God keep and connect us in these complicated days.

I am the vine; you are the branches (John 15:5)

Arohanui,

Matthew.