



PLAINS PRESBYTERIAN

29TH MARCH 2020



Here we are in level 4 for New Zealand. Everyone should be staying at home, as this is the best thing that we can do to stop the spread of COVID-19. Stay safe and keep others safe. Only those businesses that are essential services are going to remain open at this time. This means food, medicine, healthcare, energy, fuel, waste-removal, internet and financial support will continue to be available.

Ways that we can untie against COVID-19 are staying at home, being kind, and wash your hands!!

Here are some interesting thoughts, about being resilient in these times, from Karen Nimmo, who is a clinical psychologist:

1. Your reactions are contagious – be honest about your concerns but also be aware of what messages those around you pick up on. Base your words on facts and truths and model how you want those around you to be.
2. Be curious – not paranoid. This is a profound opportunity to learn, about how a pandemic works and how to prepare for such an event. Keep up with the news but also keep boundaries around your exposure to news, social media and especially fear mongering.
3. **Don't buy all the toilet paper.** It's human nature to want what others have got – especially when there is a shortage. But, of course, other people have bladders and bowels too. And if you do get the last pack in the supermarket, don't brag about it, don't go home like you've won the Olympic 100m sprint. Seriously, that's a bit weird.
4. Be right here, right now. In psychology, one of the most common styles of dysfunctional thinking is catastrophising – when you take whatever's happening, imagine the very worst case scenario, then worry yourself into a frenzy about it BEFORE it has happened. If you have a tendency to do this, give yourself a break: its super-common. But it's also extremely unhelpful and can be a trigger or maintaining factor for depression and anxiety – not to mention a waste of mental energy. When you feel your thoughts running away on you, distract yourself with other activities. And use meditation (or prayer) to bring yourself back to where you are and what you have to do – right now.
5. Connect with your people. There's a reason we rush to call loved ones and family when disaster strikes. Of course, we want to know they are ok – or for them to know we are. But we are also psychologically driven to attach to familiar figures in uncertain or scary times. So, if you can't be with those who matter to you, use technology to stay close.
6. Structure your days – one at a time. If you have a tendency to get anxious, and especially if your routine has been shaken up (like you can't get to your usual activities), its crucial to structure your time. Before you go to bed, write a list of five things you are going to do the next day – it will give you a framework to hang your day on, a way to keep moving forward and a sense of achievement at the end of each day.
7. Show compassion. Reach out, leave a thoughtful note in someone's mailbox, or email inbox. Connect in positive and loving ways. Hopefully the goodwill you spread will last longer than the pandemic.

St. Andrew's Rakaia

Rakaia Fit Kids normally held on Tuesdays of each week at St. Andrews have been cancelled until further notice.

Steady as you go, Exercises for seniors held on Tuesdays at 1:00 pm have been cancelled until further notice.

Cancelled

Trinity Mayfield

Community cuppa Morning that was to be held on Friday 3rd and 17th April has been cancelled until further notice.

All community events are cancelled at this time

"Dorothy Remember Days"
Making scrap books from old calendars, cards, magazines.
Pressing flowers between the pages of heavy books, once dry glue then onto cards.

With all of us being at home, here are a few riddles to take up some time.

Riddle #1 - The more you take, the more you leave behind. What am I?

Riddle #2 - You have me today, tomorrow you'll have more... as your time passes, I'm not easy to store. I don't take up space, but I'm only in one place. I am what you saw, but not what you see. What am I?

Riddle #3 - They have not flesh, nor feathers, nor scales, nor bone. Yet they have fingers and thumbs of their own. What are they?

Bottle Caps -



A Recipe to use up the last of the Black Boy Peaches (adapted) Peach and Ginger Jam

Ingredients

- 1.5kg peeled peaches
- 400g peeled, chopped apples
- 1tsp crushed ginger (add more to your liking)
- 2tsp grated lemon peel.
- 2tsp lemon juice
- 1kg sugar

Directions

1. Combine peaches, apples, ginger rind and juice in a pan
2. Bring to boil and simmer, covered until soft.
3. Stir in sugar without boiling until dissolved.
4. Bring to boil, stirring occasionally for 15 minutes until set.
5. Pour into hot sterilized jars and seal.

Quite tasty.

All services as of now are cancelled.
A podcast will be emailed out this Sunday 29th March.

Right now, we pray and seek God's help and protection upon our government and Prime Minister Jacinda Ardern of the trials that lay ahead for our nation working and navigating the best way forward. They will be carrying a heavy load to try and alleviate to meet the needs of our country. May God's Spirit and wisdom be upon our leaders. We pray that people in all communities will rally together in spirit to support, encourage and strengthen one another. We pray for the doctors, nurses and those who are working on a cure to give them courage and renewed strength. We pray for who will be affected financially rents, mortgages, salaries and wages and so forth, we ask God's grace and mercy. Finally, we pray for the people of God to extend hope and love to those who are anxious and worried. To hold firm to the faith we have in Jesus.

Psalm 62:8

"Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. Selah"



Riddle Answers | #1 - Footsteps | #2 - Memories | #3 - Gloves
Bottle Cap Answers | #1 - Hot dog they won | #2 - Time on my hands | #3 As time goes by