

The Bishop of False Bay
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Ad Laos

A PASTORAL NOTE TO THE PEOPLE OF FALSE BAY

Dear People of God spread throughout the length and breadth of the Diocese of False Bay.

Greetings in the Name of Christ our Healer and Sustainer.

I write to encourage you not to give up hope as we enter this period of lock down in keeping with the President's directives.

I share some of the wisdom of those in similar situations such as ours:

- Try to let go of anxiety. You have no control over the situation.
- This is a time to spend energy on messaging or calling those that we do not ordinarily have time to connect with.
- Pick up on hobbies, read books, learn a new language that you haven't had time to do during the fast-paced speed of daily life.
- Learn to appreciate the little things; sunshine through the window, flowers blossoming and all that we have taken for granted.

GUIDELINES FOR THE DIOCESE

- Our churches are shut. Please pray at home. Clergy are also asked to say Mass and pray at home and not in the church building.
- Light a candle of Hope. The darkness will never extinguish the Light of Christ.
- Visit False Bay website and <http://www.anglicanchurchsa.org>
- Please treat your domestic workers and gardeners well as they are laid off during this time. Also be generous with the car guards who will have no income.
- As far as possible, please keep up with your pledges via EFT. The Corona virus has a health impact as well as economic impact.
- Follow the rules. There is light at the end of the tunnel. Stay home.
- The time will come again, when we gather in large numbers.
- Pray for an end to the spread of the Corona Virus. Pray also for those who have contracted the disease.
- Health permitting, fast on Fridays.
- Continue to follow the rules of personal hygiene.

We need to find our strength in God and allow the peace of God, which passes all understanding, to guide us and keep us grounded. Your clergy are there to support you. They are being creative in finding ways to minister via social media.

Love, Prayers and Blessings,

Margaret False Bay

BISHOP MARGARET B. VERTUE
Bishop of False Bay
25 March 2020

