



First Dunmurry NSPCI Newsletter

23RD MARCH 2020

Staying Connected

On 18th March, Rt. Rev. Chris Hudson (NSPCI Moderator) and Rev. Robert McKee (NSPCI Clerk of Synod) recommended that in light of Government guidance that all congregations temporarily suspend their Sunday worship and activities. Since this advice everyone in Northern Ireland is now following social distancing Government recommendations by staying at home if possible. With these regular features of our church life removed, we have put in place other measures to ensure our church community feels connected. Please remember those members of our congregation that are isolated, bereaved or have underlying health conditions during this time.

Worship from Home

Rev. Dr David Steers, Minister in Charge, of First Dunmurry NSPCI will deliver Sunday Worship online each Sunday morning at 9.45am.

This can be viewed in two ways, at a time that suits you:

1. YouTube

Visit www.youtube.com and type 'Downpatrick, Ballee & Clough NSP Churches' into the search box.

2. Facebook

Visit www.facebook.com, create an account and type NSPCIDunmurry into the search box. Like our page to join over 400 people who keep in touch with our church.

Mr Paul Jeffrey (Assistant to NSPCI Clerk of Synod) has developed an excellent resource to support our congregations to worship from home.

The order of service includes:

- Opening Words
- Lord's Prayer
- Old & New Testament Readings
- Concluding Prayer.

If you would like a copy of this resource you can download it via our website (*under the publications section*) or please let us know if you would like a hard copy posted to your home address.



Keeping well

In these unprecedented times it is important that we look after ourselves and each other. Remember to follow Public Health Agency advice, to social distance by staying at home, cough/sneeze into a tissue and wash hands with soap for 20 seconds more regularly throughout the day.

Keeping active

Physical activity is one of the best things for both our physical and mental health.

We will continue 'Keep Fit for Seniors' classes by sharing an online class for seniors on our Facebook page, every Monday at 11.30am.

Other ideas include going for a daily walk while complying with social distancing advice, gardening, stretching and chair-based exercises.

Keeping mentally well

Routine – Keep to a routine and set daily tasks.

Unplug – Turn off the news for a while and do something to relax that you enjoy.

Connect – Phone friends or family for a chat regularly.

Try something new – Social distancing is the perfect time to pick up a new or old hobby.

Reflect through prayer.



- ▶ If you are feeling isolated and would like a friendly chat, please call Margaret or Sheila - both numbers are below.



- ▶ We have a number of volunteers from our congregation who have teamed up with Dunmurry Presbyterian Church Food Bank. If you need emergency food supplies delivered to your doorstep or would like to provide a donation of non-perishable foods please get in contact for more details.



- ▶ Visit our website and Facebook page for the most up to date details on our church, advice and tips. Email us with your email address for future newsletters.



- ▶ Miss your chats with fellow congregation members after church? Join the private congregation group on our Facebook page to catch up with each other.



- ▶ We would love to hear from you with any ideas to keep our congregation connected, keeping occupied while self-distancing or readings to share during online services.

Contact details:

Website: www.firstchurchdunmurry.com

Email: firstdunmurrynsp@gmail.com

Pastoral Support: Rev. Dr. David Steers

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