



'When you pass through the waters,



I will be with you.'

Isaiah 43:2

Helpful information, tips and prayers for this time of Coronavirus

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Where to get help during Coronavirus

If you are self-isolating and you do not have friends or family who live locally and can help, please try the relevant help number in the table below, or alternatively ring Catholic Care.

Catholic Care Community Response Service: Ring **0113 3885400**

For older people and families—telephone support & shopping,

Please note that the information below was collated from the internet and has not been tested out as to effectiveness at present.

Council Area	To get help
Leeds	0113 378 1877
Bradford & District	01274 431000
Wakefield	0345 8 506 506 or Community Hub
North Yorks	01609 780780
Kirklees	01484 226919
Calderdale	Fill in online form on Calderdale Council website, Coronavirus page
Lancashire (Pendle)	01282 661743 Pendle Community Hub
East Riding	01482 393919

For more information visit the relevant Council website for your area.

A Coronavirus Prayer

Loving and healing God,
We turn to you in prayer, confident that you are with us
and with all people in every moment.

We stand before you as a people of hope,
trusting in your care and protection.

May your faithful love support us
and soothe the anxiety of our hearts.

Generous God,
fill us with compassion and concern for others,
young and old,

that we may look after one another
in these challenging days.

Bring healing to those who are sick
and all who work in our medical facilities.
Give wisdom to leaders in healthcare and governance
that they may make the right decisions
for the well-being of people.

We pray in gratitude for all those in our country
who will continue to work in the days ahead
in so many fields of life for the sake of us all.

Bless them and keep them safe.

O God of creation and life,
we place ourselves in your protection.
May the mantle of your peace
enfold us this day and tomorrow.
May all the saints of God, pray for us.
Amen.



Adapted from a prayer from the Diocese of Kildare and Leighlin, Ireland.

Riding the ups and downs of lockdown

One day I'm fine, the next day I feel anxious, down and irritable



At a time of crisis and uncertainty It is **completely natural** for us all to have changes of mood, different reactions and unexpected feelings.

Tips:

Try keeping a diary of thoughts and feelings; when feeling down, read back over the better days to see what helped you, and use these strategies again—e.g. going for a walk, ringing a friend, not expecting too much of yourself.

What if...

..I or my family get infected...

..I can't get the medical treatment I am waiting for in time

..elderly relatives & friends suffer emotionally

..someone dies and I can't go to the funeral

..finance becomes an issue for people I know

I wish I could..

..help others more

..go out more

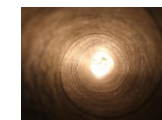
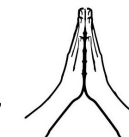
..get motivated to do things



from the good times and the challenging experiences, at the same time. We have built a degree of **resilience**, even though there are days when it doesn't feel like it!

Tips:

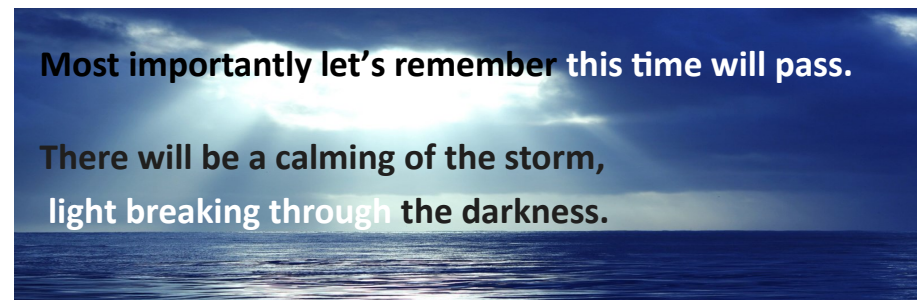
- ✓ If it is helpful, for you, build a routine for each day and week—you have probably already done this, but change it if need be
- ✓ Identify things to occupy you and give you a sense of achievement and/or joy, but also leave space for rest and reflection
- ✓ Make sure you connect with others regularly to talk through your thoughts and see that you are not alone— phone, email, Whatsapp, video call
- ✓ Make a point of calling people who are on their own or in isolation
- ✓ Pray at a regular time each day, but also whenever you feel the need; pray for others, pray your sadness, pray and thank God for the little things
- ✓ Stop for a moment and look out of the window— what do you see? What are you thankful for? What memories come to mind?
- ✓ Plan little treats for yourself and those you live with — maybe chocolate? A glass of wine? Looking through photo albums? Playing your favourite music? Have a dance?
- ✓ Start planning for things you really want to do when this is all over, having something to look forward to gives us hope and expectancy.



For many helpful suggestions on how to **take care of your mental well-being**, please see the **Mindwell** website
www.mindwell-leeds.org.uk/myself/coronavirus-mental-health-information-hub

Most importantly let's remember this time will pass.

**There will be a calming of the storm,
 light breaking through the darkness.**



Prayers and Scripture

**'They who wait for the LORD
shall renew their **strength**,
they shall mount up with wings like **eagles**..'**

Isaiah 40:31



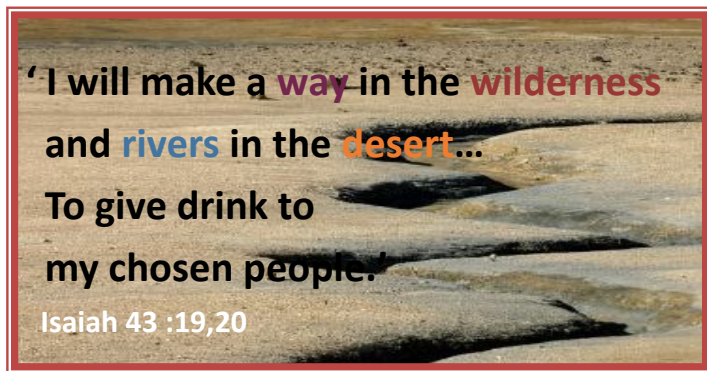
A Prayer of St Patrick

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.



'I will make a **way in the **wilderness**
and **rivers** in the **desert**...
To give drink to
my chosen people.'**

Isaiah 43 :19,20



The Serenity Prayer (Reinhold Niebuhr)

God grant me the serenity to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Light in the darkest times

Loving, ever-living and compassionate God,
You understand the pain of loss, the heartache of bereavement,
**May we hold in our hearts all those whose families or friends
have died.**

You are a light that shines in the
darkest times,

**Guide us and heal us in our sickness
and sorrow.**

You comfort us in times of fear,

May we comfort each other, even as we keep apart.

You console and lead us in times of doubt and confusion,

May we follow the light of your love and spread hope.

You move our hearts to acts of generosity,

May we be led to share what we have with those in need.

God of life,

We thank you for the signs of your light in the midst of our darkness,

May we be signs of your compassion in the heart of your world.

Amen.

by Linda Jones CAFOD (Catholic Agency for Overseas Development)



**'I am the Lord,
I have called you in righteousness,
I have taken you by the hand and kept you.'**

Isaiah 42:6



A Poem

*And the people stayed home.
And read books, and listened,
and rested,
and exercised, and made art,
and played games,
and learned new ways of being,
and were still.
And listened more deeply.
Some meditated, some prayed, some danced.
Some met their shadows.*

*And the people began to think differently.
And the people healed.
And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways,
the earth began to heal.*

*And when the danger passed,
and the people joined together again,
they grieved their losses,
and made new choices,
and dreamed new images,*



*and created
new ways to live
and heal the earth fully,
as they had been healed.*

Kitty O'Meara Mar 2020

Kitty O'Meara is a retired teacher from the city of Madison, in Wisconsin; she turned to writing in an effort to curb her own anxiety amid the nerve-racking news of the COVID-19 pandemic. The result, which she posted to her personal Facebook, has been widely read across the world offering hope that something good can come out of this collective state of "together. apart."

A Blessing

On the day when the weight
deadens on your shoulders
and you stumble,
may the clay dance
to balance you.
And when your eyes freeze behind
the grey window
and the ghost of loss gets in to you,
may a flock of colours,
indigo, red, green, and azure blue
come to awaken in you
a meadow of delight.
When the canvas frays
in the currach of thought
and a stain of ocean
blackens beneath you,
may there come across the waters
a path of yellow moonlight
to bring you safely home.



May the nourishment of the earth
be yours,
may the clarity of light be yours,
may the fluency of the ocean
be yours,
may the protection of the ancestors
be yours.
And so may a slow wind work
these words of love around you,
an invisible cloak
to mind your life.

John O'Donohue

Beannacht/Blessing (for Josie, my mother), Echoes of Memory.

We sincerely hope this booklet has been of some help to you at this uncertain time.

Contact us..

We would love to hear from you– feel free to contact our **Project Development Officer, Rhoda Wu** through one of the methods below:

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Registered Charity No. 1161765

For more useful information visit our website: www.growingoldgracefully.org.uk