

The st thomas' story



19th April 2020

St Thomas' will continue to meet using online resources and conference calls.

We will worship at 10.30am every Sunday.

This will be online, using Facebook Live

<https://www.facebook.com/stthomasedin> Note that you do not need a Facebook account to participate in our live worship times.

Online worship is also available live on our YouTube Channel (please subscribe!) at:

<https://www.youtube.com/channel/UC1r0Eq3PqBmxioDssYXCbGQ>

and can also be viewed on the blog page <https://www.gadgetvicar.org.uk>

Our Twitter account has also been reactivated. Search for @StThomasEdin.

The office is open on Monday, Thursday and Friday morning this week BUT contact in person is not available. Please phone or email and leave a message and we will contact you. We have a team of volunteers who can help out if needed.

staff and contacts

Rector: Rev. David McCarthy

T: 0131 467 0660 M: 0741 123 6433

E: david@saintthomas.org.uk

Young Persons' Pastoral Worker:

Phil Taylor

T: 0131 316 4292

E: phil@saintthomas.org.uk

Church Coordinators:

Tuesday: Rosemary Harvey

Thursday & Friday: Jane Ross

Office Hours: Mon + Fri 9.30 – 12.30

T: 0131 316 4292 (*Church Office*)

E: churchoffice@saintthomas.org.uk

W: saintthomas.org.uk

 @StThomasEdin

 St Thomas' Church, Edinburgh



St Thomas' Church is a registered Scottish Charitable Incorporated Organisation SC049045
| 75 – 79 Glasgow Road, Edinburgh, EH12 8LJ | 0131 316 4292 | www.saintthomas.org.uk |

We continue to use Facebook Live for much of our online presence. A reminder that you do not need a Facebook account to participate in our live worship times. You simply need to go to <https://www.facebook.com/stthomasedin> and look for a red symbol which says 'Live'.

Also available live on our YouTube Channel (please subscribe!) at: <https://www.youtube.com/channel/UC1r0Eq3PqBmxioDssYXCbGQ>

We are also using an application called 'Zoom' to pray and meet together. If you need advice about this or anything about our online presence, we can help. Simply contact David McCarthy.

The Vestry and Trustees meet in a 'Zoom' meeting on Monday 27 April. Following that meeting we will send you an update of where we are and possible new appointments to serve us on vestry.

*stay home
stay safe*

Week Beginning 19 April 2020

Online Worship & Gathering

All worship events are available online at:

<https://www.facebook.com/stthomasedin>

<https://www.youtube.com/channel/UC1r0Eq3PqBmxioDssYXCbGQ>

Sunday 19 April

@10.30am – 'Faithful Thomas'

Monday 20 April

@9.30pm – Night Prayer

Tuesday 21 April

@12pm Midday Prayer

Wednesday 22 April

@2-3.30pm Rooted Bible Study

Join Zoom Meeting

Details in Pastoral letter or contact David McCarthy

@9.30pm Night Prayer

Thursday 23 April

@ 10am - 'Zoom' Coffee Online

Join Zoom Meeting

Details in Pastoral letter or contact David McCarthy

@ 12pm Midday Prayer

Friday 24 April

@9pm Night Prayer

Our plans of what we will do to be of service in the coming weeks.

1. The church staff will try to make weekly contact with those who we know are not using the internet or social media for communication. Please let us know of needs you are aware of. **If you would like a paper copy of notice sheet** sent to you please leave a message at office on 0131 316 4292.
2. **We have a closed (private) Facebook group (*Embrace*) for St Thomas' people** to share needs, resources and prayers. You need to be invited to be part of this group – please contact David if you want to join the group. If you have urgent prayer concerns or needs, please let David know by email, text or message.
3. **We will offer regular prayer and worship online.** Details of this week's programme are above.

4. **Some groups will meet using the 'Zoom' conference calling app.** If you need help setting this up, let us know and we can assist. We'll also have informal gatherings online for conversation, care and prayer. Details are on pastoral letter sent out by email.

5. **Some serious work has been going on to enhance our website.** This is ongoing but please do visit <https://www.saintthomas.org.uk>

6. **Our Facebook page is now an important resource for communication.** We encourage as many as possible to use it.
<https://www.facebook.com/stthomasedin/>
See message on previous page stating you do not need a Facebook account to access this.

7. **Phil Taylor and our volunteers** are working hard to keep good communications with, and gathering of young people going. Contact Phil at phil@saintthomas.org.uk if he can be of help.

8. **We will go on praying for all of you,** those on the front line helping people afflicted by Covid-19, our leaders and those who need Jesus Christ now more than ever.

for our prayer

Please pray for

For those who are coming to the end of this life – for comfort, peace and care. Pray especially for those serving in the NHS who must be alongside those who are dying and experiencing the daily distress of many lives passing away.

For all those in caring professions – for better appreciation, resourcing and protection.

For those anxious for the future following bereavement, redundancy or furloughing – for care, provision and encouragement.

Pray for those who are unwell with sickness other than Covid-19 – that they will know the Lord's care and healing.

For governments all over the world – that wise choices will be made to care for people, jobs and the vulnerable.

Give thanks for those who are recovering from Covid-19 – pray that they will regain strength and health.

Give thanks that some people have taken copies of the 'Try Praying' booklet from outside St T's – pray that they will want to find out more.

Give thanks for our union with Christ and our unity with believers all over the world and in glory. Pray that we will have a growing sense of his presence and a desire that He is glorified in and through us.

Pray for the Church – that we will be planting seeds in these difficult days that the Lord will bring to fruition.

You are safer with God in the middle of a storm than you are anywhere else without Him.

We have included here some information from the North West Edinburgh Group, part of The City of Edinburgh Council.

Support and Information for Parents and Carers - New opportunities to learn, to do things at home independently or with friends in same household/ family at home or garden and of course online.

<https://www.edinburgh.gov.uk/coronavirus>

Parentline Scotland/ Parent Helpline – Children 1st/ Edinburgh Together - Free helpline, email and web-chat service offering advice and support for parents and carers Mon-Fri 9am- 9pm Sat and Sun 9am-12 pm. Tel: 08000 28 22 33
<https://www.children1st.org.uk/help-for-families/parentline-scotland/> includes tips on talking to your children about the Corona-Virus

Parent Club - The Scottish Government's has put together lots of information to help you and your family cope with this huge change to our daily lives.

www.parentclub.scot/

NSPCC - For parenting advice and support, contact trained online helpline counsellors Tel: 0808 800 5000, weekdays 8am to 10pm and weekends 9am to 6pm, email help@nspcc.org.uk or visit www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/

Local Support for Parent and Carers - For up to date information on the support available for Parents and Carers in any part of Edinburgh contact the Lifelong Learning Parent and Carer Support Team by emailing supportingparentsandcarers@edinburgh.gov.uk or text 07845 015979 and the team will call you back.

Family and Household Support - Support and advice from Housing and Family Support staff on foodbank referrals, benefits, budgeting, debt and help with tenancies. Email northwest.familyandhouseholdsupport@edinburgh.gov.uk

Free or Low-Cost Activities and Support available during COVID-19

0131 442 2100 or 0131 446 2300. You can also receive this support if you are a parent/carer with care experience by calling 0131 442 2100/ 0131 446 2300.

Lone Parent Helpline-One Parent Families Scotland www.opfs.org.uk - Information and advice for single parents. Open Mon-Fri 9.30am-4.00pm Tel: 08088 010323

NHS Mental Health Information Station - is not open to the public. But you can still speak with an NHS Mental Health professional on a Thursday between 9.30am and 4.30pm. Please call on 0131 537 8650 and ask for the Mental Health Information Station. If staff are busy, you can arrange a call back. Or you can email: MentalHealthInformation@nhslothian.scot.nhs.uk at any time with specific queries and a request for a call back.

Occupational Therapy Helpline - for parents of children with additional support needs. Offers support and advice around your child's everyday life skills and difficulties experienced during COVID -19 pandemic. Tel: 07866848453 9am-12pm Tue-Fri. No appointment system, may need to wait until phone line becomes free

Salvesen Mindroom - are continuing to provide a service to parents, carers, professionals and children and young people affected by learning difficulties. Contact available via telephone, emails and video calls. Tel: 0131 370 6730
Email: directhelp@mindroom.org Facebook
www.facebook.com/nomindleftbehind/ Twitter
<https://twitter.com/MindroomInform>

Scottish Domestic Abuse 24 hr Helpline - Support for Women experiencing domestic abuse or forced marriage and their friends and family. Translation facilities available for callers whose first language is not English. Tel: 0808 802 3333 or email helpline@sdafmh.org.uk online chat at www.sdafmh.org.uk

Stress Control Classes six-session cognitive-behavioural therapy class used extensively in community settings by the NHS are now running online.
<https://edspace.org.uk/news/stress-control-classesonline/>

Young Minds - Support for children and young people's mental health and emotional wellbeing. For information and advice for young people and parents and carers go to www.youngminds.org.uk. Free helpline for parents and carers: 0808 802 5544 or email parents@youngminds.org.uk

Support for Young People

Young Minds - Support for children and young people's mental health and emotional wellbeing. www.youngminds.org.uk

Young people experiencing a mental health crisis needing urgent help can contact the Young Minds Crisis Messenger by texting 85258, this is available 24 hours a day, every day. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Childline - Help and advice on a wide range of issues www.childline.org.uk
Telephone, online chat, email or forum support. FREE Helpline Tel: 0800 1111

Family Activities

Active Schools have launched some Active at Home ideas for children and young people <https://www.joininedinburgh.org/sports/active-schools/activeathome/>

Library Online Membership - If you are not already a member, join your local library for free and access magazines and newspapers online, download ebook, audiobooks and learning resources www.yourlibrary.edinburgh.gov.uk

Edinburgh Zoo - Watch the animals while the zoo is closed on the live webcams www.edinburghzoo.org.uk Discovery and learning resources can be accessed at www.bit.ly/ZooToYouActivities

Starcatchers - has launched a new series of Wee Inspirations idea cards for parents at home with young children. Fun, creative ideas to engage little ones without a lot of resources, stress, and no pressure to 'achieve' anything. www.starcatchers.org.uk/weeinspirations/?fbclid=IwAR1GwYIbHVHmQVVaj0ldzL26h0Su969m-0ap2Kai-JxkwccufhOzID2p03k

The Yard - are offering online activities and songs for children with additional support needs on their Facebook page. www.facebook.com/TheYardScotland

CHILDREN'S PARLIAMENT

All our lives have changed very quickly because of the Coronavirus, which is also called COVID-19. A lot of adults are in the news and online saying what it is like for them – at Children's Parliament we want to share how it is for children too. One of our jobs at Children's Parliament is to make sure that adults understand about children's lives. So, as you tell us about your experiences, hopes or worries we will share these with adults that make decisions. To get started, we have created a survey, so that you can tell us how you are doing today: How are you doing? We will ask children to do this survey every month so that we can see if and how things are changing. The April survey will be open until April 26th. We plan to create a new website where every week we will post stories and ideas collected from Members of Children's Parliament across Scotland. We will let you know when it is ready, so please do check back in with us at childrensparliament.org.uk.