



Remote Care and Support

*For senior
North Ryde
Residents*

Dear senior friends,

Sadly, our church gatherings can no longer happen face to face. However, we are still praying for you and want to offer a number of options for you to join with us

You will be able to find this document on our website (***with updates***) at
www.northrydeanglican.org.au/seniors

Join us for an hour long prayer book service live on **Monday mornings at 10am.**

If you have access to the internet and a device, you can join us through zoom on

<https://zoom.us/j/924305151>

If the link doesn't work, you can start the zoom app and enter Meeting ID: 924 305 151

If you don't have access to zoom you can join us on the phone:

Dial 8015 6011 then type 924305151# pause then #

IF you are a carer, you can add this as contact into a mobile phone for direct dial in each week. Make a new contact e.g. 'Seniors service' then enter the mobile number:

80156011,,924305151#,,#

If you are in a nursing home, there is a possibility that this service will be available on a big screen in the dining room.

You can also hear our other Sunday gatherings (including in mandarin) on our youtube channel

bit.ly/nrac-youtube



The COVID-19 is spreading in Australia and people are getting more anxious, as recently witnessed by the toilet paper frenzy in our supermarkets. Some people were filmed fighting in the aisles, and on more than one occasion police had to be called in. Others just took as much as they could, without thought or care for those who missed out.

It could be that fear of the virus and the behavioural response to that fear (fighting in the shops and hoarding groceries) are worse than the effects of the virus itself—for most people.

When my husband spoke to an elderly friend to see if he was all right, he said he was more worried about getting injured or sick looking for toilet paper in the supermarket than he was catching the virus.

Nevertheless, we all have different life experiences and these produce different responses within us. Some people will be anxious about how the virus will affect them. Maybe they have a pre-existing medical condition which makes them more susceptible to the effects of the virus. Or perhaps they are emotionally exhausted from battling drought for the past few years, and are wearied by the struggle to survive. Or maybe they were affected by the recent bushfire crisis, which destroyed so much. Or the floods.

Plus we are emotionally attached to things around us – our family and friends, our possessions, our jobs – and when events impact them, we are affected too. We can't escape the fact we live in a broken world, a world which is unpredictable. And we can't control what happens to us. Australia is still in recovery mode from the bushfire crisis.

So when we are feeling anxious, fearful or panicky, how can we overcome these reactions to experience the peace of God which surpasses all understanding? How can God's voice become louder than our anxieties? How can we rest on the promises of God's presence and help?

As much as we are able, let us take our eyes off ourselves and our fears, and fix them firmly on our heavenly Father, for He has said, "Do not be anxious about *anything*, but in every situation, by prayer and petition, present your requests to God" (Phil. 4:6, emphasis added). And, "Never will I leave you, never will I forsake you" (Hebrews 13:5). How far are you willing to trust this promise?

Father, You know my fears and afflictions.

Help me to fix my eyes on You, the Maker of heaven and earth,

And rest in Your promises of help and comfort, and the precious presence of your Son.



Our Daily Bread Ministries®

Our Daily Bread

Resources for growing in our relationship with Jesus

We are encouraging our seniors to continue to grow in their relationship with Jesus daily. We are using the 'Our Daily Bread' material with both bible reading and devotion. Go to the website:

odb.org

click on daily devotion, and listen to the bible reflection.



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