



'It was the best of times. It was the worst of times ...'

Charles Dickens 'A Tale of Two Cities'

"Wash your hands."

"Cough into your elbow."

"Buy disinfectant wipes."

"Don't stockpile."

"Get home!"

"Stay home!"

"Church is 'cancelled'."

But, the very 'good news' is that the church is, very surely, still here!

Services, meetings, gatherings, pools, libraries, schools and vacations may be 'on hold' at the moment but CHRIST FIRST is very much still here!

You, Christ First members, can be a link to friends, neighbours, family at this disturbing time.

We know we are all being asked to 'socially distance' ourselves at this time. We also know that many will be worried, have questions and sometimes, be alone.

NOW is the time to call all those in your 'circle'.

Do check in with everyone by making simple calls **as soon as you can**. All will appreciate that you did.

Ask how they are doing? Do they need anything? Do they have questions or concerns? How can you help? Perhaps tell them of church services online being sent out by email from the Christ First Church office.

We know we will all get through this and, no doubt, have many stories to tell when it is behind us. Numerous stories will tell of people helping each other.

Already there are 'good news' stories circulating: a Spanish personal trainer conducting a fitness class from the courtyard of his 'locked down' complex, residents in Italy singing together from their apartment balconies, residents delivering groceries to elderly neighbours, companies offering free grocery order pickups and free prescription delivery and waiving fees for extra Internet usage for those working from home.

We are all in this together!
Together we will come out of it!

The Christ First Team