

Prayer for Easter Week:

Almighty God, you have conquered death through your dearly beloved Son Jesus Christ and opened to us the gate of everlasting life: grant us by your grace to set our mind on things above, so that by your continual help our whole life may be transformed; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit in everlasting glory. Amen.

*Christ is risen! He is risen indeed!*

MARMINGATHA

## Resources to Inspire



from the new COVID-19 Diocesan website

WEEK ENDING 19 APRIL 2020

### Mental Health Resources

Sometimes we want to check on our emotional & psychological well-being. There are some helpful places and websites to go to for this:

- **The K-10** is used widely as a simple measure of psychological distress which can be self-administered and easily scored. The K-10 is commonly used by GPs to help assess levels of anxiety, depression and stress in patients.

Two organisations that provide excellent information on mental health issues including self-assessment are:

- **The Black Dog Institute**  
Although it is firstly a research body, the excellent Black Dog website also has mental health checklists and resources to guide you through. Check it out!
- **Beyond Blue** is a very well-known organisation where, as well as mental health resources, you can get immediate support.
- A third organisation to know about is **Lifeline**. This is a 24-hour phone service to assist with personal crises: 13 11 14

### Pastoral Care of Patients in Victoria's Hospitals

*Click here for more detail on compassionate & collaborative ministry*

All Victorian hospitals are severely limiting the access of visitors including clergy. In most cases patients are limited to one visitor each day, not including voice and video calls.

Palliative care units allow limited family access and may allow clergy access. Clergy cannot access COVID-19 patients but a member of the hospital's Spiritual Care team is able to care for the family and may be patients as well.

The best first point of contact is our Anglican chaplains or the Spiritual Care Department of the hospital through the hospital switchboard.

### Well-Being in the COVID-19 Era

*Click here for more detail on well-being*

The well-being section on the ADoM website will help you navigate some of the challenges ahead and will contribute to building and maintaining your resilience in uncertain and anxious times. Right now, Christians are challenged to live out and recognise, enjoy and proclaim the joy of the glorious light of resurrection life in new and different ways. This is not easy.

This strange crisis of COVID-19 will end eventually, but we know the world is always changing, and there will be new challenges that arise. In the midst of that there is one ongoing certainty- we are embraced by, and enfolded in, the loving arms of God. And in that assurance, we, who know deeply what it is to be loved by God, can journey with Christ as his true, albeit faltering, disciples.

### Key Diocesan Information

*Click here for more detail on diocesan information & FAQs*

Please peruse this webpage for accurate and further clarification on all church activities, pastoral care matters, policies and more.

## VOLUNTEER OPPORTUNITIES

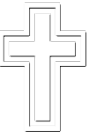
### *Anglicare Victoria*

Anglicare Victoria needs volunteers to assist with FOOD PACKAGE DELIVERIES. Services such as Foster Care and Rapid Response have some vulnerable families unable to travel to shops etc and food parcels will need to be packed and delivered to AV centres for Case Workers to deliver. Please let your parishes know that Anglicare is keeping a list of potential volunteers and interested individuals can register by calling Anglicare Victoria Collingwood: (03) 9412 6133.



### *St Peter's Eastern Hill*

The Victorian State Parliament kitchens, from last week, have been dedicated to cooking meals for those in need during the current crisis. St Peter's Social Enterprise, "Heaven at The Hill", has been asked to assist with the distribution. If any parishes would like to distribute frozen meals themselves to any parishioners over 70, now in isolation at home, or indeed anyone in need, they can come to St Peter's Eastern Hill and pick up as many meals as they need. There is no cost. To make a booking, or for further details, phone the St Peter's Social Enterprise on 0450 039 288.



## COVID-19 & FAMILY VIOLENCE

preventing  
violence  
against  
women  
program

In times of crisis, as a church community we seek to look after and support each other. Some people need extra support at this time. COVID-19 poses higher risk for the elderly, those with pre-existing conditions or those with jobs in certain industries. What is not so well known is that individuals experiencing family violence can also be exposed to additional dangers.

Family violence and abuse are about power and control. Perpetrators can use any tool to exert control over another person and in the face of a health concern like COVID-19, they have more tools available for this: self-isolation, social distancing, and lock downs. Greater social isolation and reduced financial income make it more difficult for a victim/survivor to get support or leave if they wish to.

Every person is created in the image of God, equally loved and equally valued. Violence and abusive behaviour is an affront to human dignity. It is never acceptable, never excusable and never tolerable.

We can support each other by being aware that this might be something that people around us could be experiencing. We are not family violence professionals and can help by knowing where to get advice from those who are when we need it.

[Click here](#) for some key numbers we can call to get advice and guidance from experts.

[Click here for video message from the Archbishop](#)

*Please keep sending your stories to inspire...  
+Genieve*