

Services and Activities at Footscray Baptist Church as of March 29th, 2020

Until further notice we will not be meeting at Church.

Services will be online via 'Zoom'. You need to download 'Zoom' onto your computer or smartphone and then let Cheryl know (pastor@footscraybaptist.org.au) or mobile 0437 657 720 and she then will invite you to join the zoom meeting each week.

If you do not have access to 'zoom' we can email you the prayers and sermon or provide a hard copy of the service and sermon which can be dropped into your letterbox.

Pastoral care will be offered by phone in the first instance, so please call Cheryl should you need pastoral care.

We ask you to check the website frequently where we will upload sermons and other resources at this time.

Please make sure the Pastor has your contact details at this time (they will be kept confidential and only used by her)

If you are feeling anxious at this time you can call Lifeline 131114

In order to decrease your anxiety I suggest that you only watch the news a couple of times per day (once in morning and once at night) and only view sites you trust – Australian and Victorian government Health websites, ABC. I suggest you use this time to do something relaxing – music, old DVD's , a walk in a park – keeping appropriate physical distance or learn that skill you have always wanted to master.

Stay calm; Be Clean; Be Kind

Love and prayers at this time

Cheryl