

Here are some examples:-

**Services**                    **Streamed Online.** The Diocese of Oxford:- <https://www.oxford.anglican.org/> are updating the Diocesan web pages to include a list of ministers and churches who **are live streaming services.**

**TV**                            BBC 1:- “Morning Worship”, “Songs of Praise” Sundays and on **BBC iPlayer.**  
TBN UK – Freeview Channel 65, especially the Joel Osteen and Joyce Meyer shows.

**Radio**                        Premier Christian Radio.  
UCB 1 and UCB 2 (**United Christian Broadcasters**)  
BBC Radio 2 - Good Morning Sunday  
BBC Radio 4 - Sunday Worship  
Online Radio Box ( <https://onlineradiobox.com/uk/genre/christian/> )

**Smart Speakers**        Like the Amazon Echo [Alexa] – just ask to hear a particular Radio Station – there are hundreds if not thousands of Radio Stations that can be accessed this way and via a Browser – see **Online Radio Box** line above for Christian radio.

**Smartphones**            Similarly to the above, as well as being able to access the Internet in general, including of course our very own Website <https://www.pshg.org>.

**Smart TV's**                Many recent models are equipped to go online to access the Internet in general, including of course our very own Website <https://www.pshg.org>.

**Publications**            UCB “Word for Today”.  
“Our Daily Bread” Ministries.  
“Daily Bread” from The Scripture Union.

**‘Phone Calls**              Why not share a Prayer and/or give friendship, support and encouragement to everyone. Remember to include those who may be lonely or in isolation or away from home, and your neighbours who you may not see for a bit, and those who you haven't spoken to for ages, for instance.

Talking and sharing concerns with others can be calming and uplifting, with each party knowing that they are not alone and able to find solutions together. Call anyway with the purpose of lifting spirits.

You can of course communicate virtually face-to-face via **Skype** and **WhatsApp** – both free to use on your computer or Smartphone, plus of course **Messenger** in **Facebook** – best to agree a time to do this beforehand.

**Email**                        if you can't speak directly, but this is no substitute for the benefits of speaking directly, except when it's necessary to put something in writing.

**Write & send a Letter** ...if you can remember how in this day and age! No need for a reason – just ‘shoot-the-breeze’ if you like, even reminisce. This could become a habit-forming as it was, long, long ago. Use some of the boring times ahead to become a scribe again.

Do encourage children to write to relatives and friends – they will have time on their hands too, and will be excited to create then send, *and* receive replies.