

# Coronavirus: what we haven't heard from Government

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5th March 2020

## The Bishop's Coronavirus Golden Rules

***Not official advice: read and heed that [here](#) – but this is food-for-thought about our attitudes.***

**Golden Rule One.** Each one of us can think about how we can protect and support our neighbours. So much of the public rhetoric is sowing fear about the danger of other people. So, taking all the official precautions, offer help and reassurance to others – and don't demonise anyone or any group.

**Golden Rule Two:** Think about who may be suffering more than me. For those of us who are healthy there is much less to worry about but the elderly, the housebound and those with chronic health conditions may be very anxious. How about each church undertaking an audit of all the vulnerable people they know and sharing out the responsibility to phone them each day. There's nothing like a friendly voice to offer solace when someone is worried. A smile can bring cheer, even on the phone. If you visit, follow all the official precautions or don't go.

**Golden Rule Three.** Don't give into panic and start hoarding food. There is plenty to go around, so practise the Christian discipline of sharing. Ask your neighbours what they need and do your best to help them get it. If you are self-isolating you will of course need some supplies.

**Golden Rule Four.** Live today to the full. None of us ever know what the future holds. In the Sermon on the Mount (Matthew 6. 25 – 34), Jesus challenged his followers to live each day fully and not be afraid. Every time we are tempted to give in to fear we need to make a conscious choice to respond in trust and openness.

And, along with just over half the adults in the UK, don't forget to pray. Here's a suggestion from the Revd Louise Collins, a Team Vicar in Borehamwood, Herts:

*Dear God our Shield and our Defender, guide and protect my neighbour in this time of health emergency; deliver them from all harm and may your love and care ever grow in this place. Through Jesus Christ, Our Lord, Amen.*

+Alan St Albans

Do you have your suggestions of other Golden Rules to help us during this time?  
Please tweet them #coronagoldenrules