

Good morning,

Time is passing and we are now entering week six of lockdown. We are all sharing the same experience, but not all experiencing it in the same way. For some people it has been a time of rest and restoration, a chance to slow down and reassess our priorities. For some it has been a positive experience, a chance to just catch up with oneself and spend time with family. However, for others the whole lockdown has been very different indeed.

Each Thursday the nation gathers at their doorsteps and claps to applaud the NHS, care workers and essential workers. However, today I am standing on my doorstep and clapping those who are doing their best to survive during this lockdown. I'm clapping those who are worried about their jobs and where the money is going to come from, I'm clapping those who are juggling working from home and looking after children. I'm clapping those who are by themselves, feeling lost, isolated and alone. I'm clapping those who are worried about their health. I'm clapping those who are mourning the loss of a loved one, those who are mourning the loss of contact with family and friends. I'm clapping those who don't know how they are going to get through the coming week, I'm clapping those who just want a hug. I'm clapping everyone who just doesn't know what is going on and feels out of control.

We can't meet up with friends and go for long walks to talk things through, but I hope you might take time to take the 'virtual' long walk meditation and reflection that I am attaching, and I pray that at the end of it you may know that you are not alone. Whatever your situation God is with you, and I pray you feel His presence close by this coming week.

If you are feeling like you just need to chat for a while, then please call me, I'm good at chatting - and listening - and we can walk and talk together round our respective sitting rooms.

I found these two little videos I thought I would share with you:

<https://www.facebook.com/675881462529347/posts/2940095099441294/?sfnsn=scwspmo&extid=pIL9g4vsp20CH6CW&d=n&vh=e>

once you get to the page click on the image of the brown square to start the video

<https://www.facebook.com/cartoonchurch/videos/941084149658077/>

Keep safe and take care of each other.
Blessings

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