

Dear All,

It is too small to say these are tough times.

It is too thin, too obvious, to say we have no experience of this.

People are anxious and fearful. Some people are doubting the truth of the health information we are being given. Others are trying to downplay the whole thing. Some people are managing this by keeping frantically busy. Others have lost their ability to motivate themselves to do anything.

Some are coming out with religious clichés and others are coming too quickly to half-baked responses.

Others are getting bored.....too much food, booze and telly. Yes there are books to be read, press-ups to be done but somehow that does not get to the top of the priority list and then the day is gone.

Others have terrible accommodation or are the victims of domestic violence.

In response to this we have to act out of our core beliefs or they are meaningless.

What are they?

That there are things that we do not understand. That God is with us in the darkness. That all people matter. That God has given us a body and it is ours to look after. Physically God has but also metaphorically. The body of Christ.

Has anyone in the church got it? How would we know? People are not being tested unless they are admitted to the hospital or hospice. We know some are ill. We know others have conditions which mean they are vulnerable.

We know that most are isolating at home.

Pray for those who are working in the front line services. Pray for those who are trying to keep their jobs. Pray for those who have lost their jobs or whose businesses are looking vulnerable. Those trapped overseas. Those who are lonely and anxious. Those who are ill.

If you need anything ASK. Hopefully you will have contact with someone from the church.

## **Others who can help**

If you want prayer specifically please contact Teresa James  
jameses114@gmail.com or 07941356527;

Contact Sue Shaw for pastoral news and support: 07511627397  
sue.shaw24@googlemail.com

Catherine Treweek : 07807351801 is available to chat or to help with other needs

Remember the telephone.....use it (other electronic methods are available)

Of course Lesley Charlton: 07959812946 email: minister@kingstonurc.org  
which Catherine monitors or lesley998877@kingstonurc.org if it is private.

## **Best wishes Lesley**

God our refuge, we seek your protection.

Protect the vulnerable from illness:

those who are old and frail,  
weakened by years and struggle;  
those who care for others,  
expending energy and love;  
those for whom inability to work  
means hardship and poverty.

Protect us from the greed and suspicion  
which snatches at our own security  
stock-piling and panic-buying  
that deprives others of the necessities of life.

Protect us from the short-sightedness  
which sees the germ in our own eyes  
and ignores the plagues  
of hunger, war and violence  
that take so many lives each day.

Protect us from the isolation  
that leads to loneliness and despair  
denying the interconnectedness  
that links us with one another.

God our refuge  
in our panic and fear  
may we not lose sight of our common humanity that makes us one people in you. Amen.  
(prayer written by Jan Berry)