

24 March 2020

Dear All

I expect that many of you, like me, have increased your contact with friends and loved ones these past days, in order to keep in touch and support one another.

Can I encourage us all to be just as intentional in increasing or at least maintaining our contact with God in prayer?

As we spend time in prayer, we grow in our relationship and trust, we get to know God better.

As we spend time in prayer, we find ourselves realigning our lives and tuning in to God's purposes.

As we spend time in prayer, we open ourselves to receive the love, peace and guidance God offers.

As we spend time in prayer, so increasingly we begin to see the, often surprising, ways in which God hears and answers.

There are lots of different resources to support us in daily prayer.

I like this [simple morning and night prayer](#) that the Church of England produced in response to the current crisis. It's from their coronavirus page, under prayer and liturgy, worship at home:

I'm wondering if this is something people might find helpful to share together over the coming weeks, perhaps supported by a video link on Facebook. Please let me know your thoughts.

Alternatively, here are a few other links you might find helpful:

Community of the Tree of Life: A [simpler 'micro office' for morning, midday and evening](#), taking around 7 mins and recorded live on their Facebook page, with downloadable sheets to join in.

Church of England:

The ancient tradition of the [Daily Offices – Morning, During the Day, Evening, Night](#) – updated daily
These are also available on the apps 'Daily Prayer' or 'Time to Pray'

Northumbria Community: [Celtic prayer for morning, midday and evening](#)

Yours in Christ
Adele

Rainbows

We're looking for ways of doing things together which help to bring hope and a smile to our neighbours during these isolated times.

Most of you know I love rainbows, so this is one idea I'm all for: displaying a rainbow in your window. It's an idea that began in Europe in response to COVID-19 as a way for children to send a message of cheer to the friends they could no longer meet with. And it's already happening here - I've seen plenty near my house on my daily constitutional!

The rainbow's also something that - on a personal level - reminds me of God's unfailing love. So, it's also a visual message of hope that we will get through this, because God is our constant help in times of trouble.

If you do decide to display a rainbow, please send me a photo by email or post on the Facebook page, and we'll share as many as we can with you if you are unable to get out to see them in reality.

We'll try to think of other ways of doing things together while being apart, so watch this space.

Katherine