

## Reaching Out to Others

We're now 4 days into "Stay at Home" and I'm still finding it hard to get my head round what I'm supposed to be doing. Work no longer means going out first thing and coming back at tea time. Our regular routines, outings with children and grandchildren, getting them to school, going to the gym or to an exercise class, art group or meeting a friend for lunch at the garden centre - all stopped.

We're all looking around the house, and garden if we have one, at the jobs we've been meaning to do for some time. Many of those jobs are under way or completed, which can bring a great sense of satisfaction. For those with children, home schooling began with good intentions. Timetables have been drawn up, with breaks for exercise, and lists of chores for each person are pinned to the fridge.

All we need to do now is stay motivated and the time will fly by! How do we do that?

Now more than ever we need the help of friends, family and our faith in our Lord, Jesus Christ. Our Christian faith is not something we practice alone. We need to share it and to witness to what we believe. Just as we have been shown love by family, friends and neighbours, we long to show our love to them. At times like this when stress, frustration and fear, threaten to overwhelm us, thank God that we can rely on His love, His strength and His grace. We may feel at a low ebb but His Spirit energises us and enables us to reach out to others.

A phone call to say "hello, how are you?" brings great comfort to both caller and receiver. We can stay connected as a church by picking up the phone and making a call; to someone who usually sits near us in church or someone we have noticed, who always sits near the back.

Each of us knows someone who lives in our village who might appreciate a chat, a chance to offload to someone other than their spouse or family. Geoffrey and I will be making calls too.

Please pass on anything that you would like us to deal with.

When we look back on this time I pray we will remember the positives and how we got through it together, by the grace of God.

With love and prayers

Anne