

Together we will get through this

Thoughtful reflection may be very helpful in these unusual times. Some may reflect during prayer, others may enjoy talking with their families to feel more comfortable about their new routines whilst not at school.

10.30am

8.50am

We think about starting our day. Reflecting on those who are at school or going to work & wishing them a happy day.

We think about our friends in their homes and hope they are safe, happy & well. I wonder what activities they may be been doing?

12.00 noon

We think about each other as we would normally eat together, being thankful for our food & for each other.

4.30pm

We wish each other a peaceful evening with our families, using this time to focus on happy times from our day.

3.10pm

We think about the children of key workers who have been to school, who can now go home and relax together. Hope those in the NHS who are helping those who are poorly, can go home for some rest & nice food.

Morning thought

"Morning has broken like the first morning, blackbird has spoken, like the first bird, praise for the singing, praise for the morning, praise from the, springing fish from the world."

Evening thought

"Strength for today and bright hope for tomorrow, Blessings all mine, with ten thousand beside!"

FAMILY MEMBERS **Friends** Shop workers who are still working

NHS STAFF HELPING THOSE WHO MAY BE POORLY

People who live near us

Stallingborough church

key workers like postal & delivery workers

**Thoughts
for our
community**