



**From Jackie Waters-Dewhurst - Diocesan Director of Education -**

Well it's Friday and we are a whole week into our new, strange world.

It may well be that the adrenalin that we've all been working on is dissipating. It may be that today, for some, is the hardest day so far to keep positive and remain hopeful.

If that is true for you then take a moment to be kind to yourself. If you are working from home take your coffee mug out into the garden and breathe deeply.

If you are in school, just stand back and watch what the children are doing – they'll be ok just doing it for a couple of minutes.

**From 'The art of breathing' by Dr Danny Penman**

"When you were a child, the world was a magical place.

You'd go to the park and collect pine cones and flowers.

Birds inspired awe and dogs were mythical beasts.

You could hardly make it home without your pockets

becoming stuffed with twigs, stones and other souvenirs.

Where did all that playful curiosity go?

## Nowhere

It's simply become paved over with expectations,

conditioning, and maybe a little shyness and cynicism.

It's time to breathe freely again.

## John 14:27

**"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."**

There is always hope.

Here's some words from June Richardson – LAAT Schools Effectiveness Advisor, from her blog:

“Tonight the nation stood on their doorsteps, balconies or at their windows applauding our NHS workers. Buildings were lit in blue light to recognise the extraordinary work of our NHS.



My street is usually quite a remote community – having a fairly major road down its centre - so I didn't quite know what to expect when I went outside. Initially there was nothing, until I heard a faint but repetitive metallic sound. I started to clap. As I clapped, neighbours appeared and there were waves of hello from across the road – the sound rippled down the street - everyone in appreciation and unity. It was a spine-tingling moment.

There are few occasions in my life when I recall such a show of unity. It made me stop and wonder about the word unity or united. It derives from the Latin 'unus' which means one. Later, I looked at the online images of streets, towns and major conurbations all joined in one huge round of applause. I reflected as to how this idea had spread to our country from Italy, through Europe and to every home in Britain.

It's not just the temporary sound of applause but a tide of love and compassion for our fellow neighbours and friends. As we are all faced with the nature of our fragility, so we all turn to one another in love and care. No matter what our religion or belief this is God's presence in our world.”

We are not alone. We are not without hope.

Please take time this weekend to ground yourselves, to breath, to be kind to yourselves. You are all in our prayers.

God bless

*Jackie*