

Hello,

It has been observed by some mental health care professionals that part of what we are dealing with during this time of separation is a form of grief. We have all lost something precious and our emotional state is being affected by our adjustments to that grief. Just as in the case of the death of a loved one we all grieve differently. One of the things that is recommended in all cases of grief is to spend some time identifying what we miss the most in regards to the cause of our grief. As we continue to grieve over the loss of our ability to gather in worship I wonder what it is you miss the most about those gatherings? Is it seeing other members of the fellowship and catching up on news? Is it singing the hymns? Is it listening to the readings and sermon and reflecting on what God was saying through these things? Is it the time of fellowship following the worship event? Is it all of the above? I find that, as I grieve, if I spend some time giving thanks to God for those things I miss most about the person or event my feelings of grief are somewhat eased. I suggest that the same is true as we grieve the losses brought about by the Covid-19 restrictions. I also think that doing this exercise may help us prepare for the time when the restrictions are lifted. Among the things we will miss this weekend is the opportunity to give thanks in public for the gift of mothers in our lives. As we think about what we miss most I pray for God's comfort and strength. May we all find ways of giving thanks to God for mothers.

Glen +

A prayer

"Merciful Saviour, who didst love Martha and Mary and Lazarus, hallowing their home with thy sacred presence: Bless, we beseech thee, our home, that thy love may rest upon us, and that thy presence may be with us. May we all grow in grace and in the knowledge of thee, our Lord and Saviour. Teach us to love one another as thou hast given commandment. Help us to bear one another's burdens and so fulfill thy law, O blessed Jesus, who with the Father and the Holy Spirit livest and reignest, one God, for evermore." Amen. (B.C.P. p. 732)