



Yes, my soul, find rest in God; my hope comes from him.

Psalm 62 : 5

I think many of us have been surprised and shocked by the continuing difficulties caused by Covid-19. We have seen our lives change in so many ways. It may be that what we saw as 'normal' – the lifestyles and expectations with which we were comfortable – will not be the same into the long term future.

Some cope with the imposed change but some of us have really struggled, particularly with significant restrictions in face to face contact and conversation and interaction.

The ancient Greek philosopher, Aristotle, wrote : “Man is by nature a social animal.” This remains absolutely true and over the last months we have seen and felt this truth. Without the freedom to meet and interact as we have done in the past, many of us really do find that our health and well-being can be significantly affected. The majority of us need regular contact with other people in order to be our healthy and well adjusted selves.

It is, of course, important that we do whatever necessary to protect ourselves and others from the worst consequences of this dreadful illness, and it would seem that for the present, and potentially well into the future, we will need to continue to maintain social distancing, wear face coverings and do all the other things which have become the new 'normal'. However, we also need to protect each other's mental well-being as best we can. Perhaps a challenge for us all is to make time to simply talk with others. Why not set aside half an hour each day to telephone someone you haven't spoken to for a little while ? It is so important that we don't wait for others to contact us but that we initiate contact. It can make a real difference to someone, and you never know, it may even brighten up your day.

As we come into November and the 'Season of Remembrance' we all know that life has changed significantly since last year. It is especially important to remember those who gave so much and our Services of Remembrance will take place on Sunday 8th November. It seems more important than ever to give our support to the Royal British Legion and those who care for our service personnel and families.

There is so much that we can do to support and encourage everyone at this time - and much of it costs very little other than taking time to make contact with people. You really don't know what a positive impact a simple conversation can have on someone who is struggling – and we often don't know who is struggling.

A quotation I love could have been written anywhere in the Bible and for Christians it has a very special and clear interpretation. At this time of continuing Covid response I would commend to everyone this statement from that great philosophical source, Winnie the Pooh !

“You are braver than you believe, stronger than you seem, and smarter than you think. But the most important thing is, even if we're apart...I'll always be with you.”

God bless each of us and may we genuinely show practical care and love for each other.

With thoughts and prayers

Revd Clive Sedgewick