

Hello all, Thursday Greetings!

We had a lovely coffee time this morning - thank you to all who joined, shared - it was terrific to see your faces and hear your voices!

I've also attached a graph (with thanks to Sian for passing it along) to help us each identify where we are in our own Pandemic response. Wherever you are on it, whatever you are feeling and experiencing, you are not alone. Your responses are normal and having a myriad of feelings in a minute is also normal. Take care of yourself - treat yourself with kindness and love. You are beloved of God - imagine how God would talk to you about your responses: I imagine God talking to us with loving-kindness, with admiration for your bravery, for the way we are each protecting others by staying home.

Take good care and blessings for the evening!

Blessings,
Jenni

