

Dear Friends,

It's nearly the end of *Lent*! Congratulations if you've kept to your Lent disciplines for the last 39 days. The word 'quarantine' comes from the Italian for '40 days', so it may feel like Lent isn't over yet...

An idea you may find useful is '6x6' - with many of our usual activities and work removed, it's easy to lose any sense of structure and rhythm to the day and week. The '6x6' idea is to identify 6 significant things you could tackle in the next 6 weeks, which are achievable and significant at the same time. For me (David) that will include tidying my study (years since I did that) reading a couple of important books that have sat on the shelf for too long, and a fitness target, among others. It's 6 weeks from Easter to Ascension Day, why not make the most of it?

It's *Palm Sunday* tomorrow, our live 10.30am worship will be on Youtube as usual <https://tinyurl.com/wgkrpcq>. Make sure you have a cross with you (find one, make one, draw one...) so it can be blessed, then why not put it in your window for Holy Week? The liturgy will be on the church website, and is in the Worship at Home booklet we sent with the last email.

Throughout *Holy Week* there'll be a new daily reflection each day on the Youtube channel. Ruth's prayer podcasts (<https://anchor.fm/pjs/>) will allow us to link up with the 45 people in our church family who don't have internet access, but will be reading and praying through the same material from the Daily Bread bible notes. These were all delivered this week, along with printed Worship at Home booklets. If you'd like your own copy of the Daily Bread notes, please contact Ruth.

Easter Greetings: if you can, please make a short (5-10 second) video of yourself and send it to Ruth revruth@mail.com, we'll try to put these together into a special video for Easter morning.

Helping the housebound: thank you so much to all the people who have offered to help self-isolating households in the community. As well as helping many in our church family, we have 13 offers of help with shopping for residents in the parish, and several others who have offered to be a friendly phone call. We are getting an average of 1 referral a day for help shopping for basics, so if anyone else can help with this, please do let David know.

There is a reflection by David on 'Solitude' on the Youtube channel, <https://youtu.be/aqHSsuLRzDI> and one on 'Touch' going up later today.

/"Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen." (Hebrews 13:20-21)/

With prayers for a rich and worship-filled Holy Week for us all

David and Ruth

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