

Dear Friends,

Here we are on Friday with a long journey ahead. How are we going to hunker down and grow at the same time? It has taken a bit of time for me to settle and I recognise I have a way to go. I have got to a point where I see that mastering skills is not an endpoint but a means to keeping connected, so by the end of a week I won't even stress about it (this is the written way of offering myself affirmations). think it is the end of the week ...

Two important threads

1. This is a time for mastering a new skill. I talked with my friend who is a Deputy Principal and she said they have spent some considerable time focussing on preparation for this period of isolation.

Never let it be said I am not one to put my musings into action. Let us all learn to make heartsWHOOPEEE! I hear you say. I have always wanted to be a Blue Peter presenter (I realise this was a UK programme where there were always craft items where we used toilet rolls and sticky back plastic). This is just a bit whimsical but the message of learning a new skill being good for our mental health is serious..... <https://youtu.be/Cf2SQN7BFaY>

2. We need to find ways of enhancing our capacity to worship. Tomorrow I will give you some links with other churches so you may link in to what they may be doing (a time to look outside ourselves). I spoke to a couple of people today who do not have a New Zealand prayerbook at home. Here is the link- <http://anglicanprayerbook.nz>.

On Sunday we will have a service live on Facebook at 9-30 and I will upload it later in the day. Hopefully we may be able to use Zoom together if it is practical soon (I am not yet super confident in this).

I offered night prayer live last night on Facebook and include the youtube link here <https://youtu.be/SdRXexQbc5M> (you highlight the link and right click and go to Open Link)

Finally I offer you this poem from one of the Vaughan Park Scholars Click on the link and go to Open Attachment.

Thank you for keeping in touch. it was lovely to speak to some of you on the phone today.you may be next.....you have been warned. Be afraid be very afraid !!!

In joy and in gratitude

Kay :)