Blessings and prayers come with this invitation for us to enter into the spirit of the **National Day of Reflection – Tuesday 23rd March - https://www.mariecurie.org.uk/get-involved/day-of-reflection**

**Part of our St Peter's Church service tomorrow will be to unite with other Churches to remember and reflect with the nation ….**
On 23 March 2021, it'll be one year since the first UK lockdown. Since then, millions of people have been bereaved, both as a result of Covid-19 and due to other causes. The restrictions we've all been living under have meant that many people have had to grieve without the comfort of having friends and family around them.

Marie Curie, a charity which supports people around the event of a terminal diagnosis, has organised a National Day of Reflection to acknowledge grief and loss over the last year. The national Church of England is one of several organisations supporting it, and therefore St Peter's Church will enter into the spirit of this poignant time.

**LET US PRAY:**
Here is a BSL video of this prayer below:
https://www.youtube.com/watch?time_continue=8&v=vSL3EpsRQ18&feature=emb_title
*God of Love,*
*As we think about all that has changed this year, help us to trust that you are always with us.*
*As we remember those who have died, help us to trust they are at peace with you.*
*As we reach out to others with kindness and care, may hope shine out in every heart and home. Amen*

Here is a link – and attached – to A Colouring Prayer for children and adults alike -
https://churchsupporthub.org/wp-content/uploads/2021/03/DayofReflection-ColourIn.pdf

**What will be happening on the Day of Reflection?**

**A minute's silence at 12 noon on 23 March** to create a moment that shows support for the millions of people who've been bereaved.
It might also be a day for you to connect with someone who is grieving. This might be in simple ways such as having a chat with them, sending a card, a message, or giving them some spring flowers.

**JIM WILL BE TOLLING OUR BELL AT 12 NOON – AND REV JACQUELINE WILL BE BY THE MEMORIAL AND WILL SAY SOME PRAYERS IN REMEMBRANCE, SOLIDARITY AND HOPE…**

**The Church will be open from midday until 1.30pm (Jacqueline will be there…) if anyone would like to pop in to say a prayer / light a candle….**

You can also join in live with the national silence. They invite us to:

Take a minute to reflect: We invite you to take some time and space to think about the last year, reflect on you or your loved ones' loss and remember those who've lost their lives.

Join Marie Curie for this moment of reflection, as guests share their thoughts, words and songs. Together, we'll honour loved ones who have died and reflect on the challenges we have overcome. During this session we'll pause to observe the national minute of silence at 12 noon.
Register for the live online event here.

**You can sign up to join in with the 'Good Grief' reflections** - https://goodgrieffest.com/register-now/?festival=mc&event_id=8811 :

A Moment of Reflection
Tue Mar 23rd 11:30 am

Grief School with Julia Samuel
Tue Mar 23rd 12:30 pm

Grief in the Workplace: Building Compassionate Organisations
Tue Mar 23rd 2:00 pm

Finding Hope + Meaning Beyond Covid-19
Tue Mar 23rd 6:00 pm

Are We Really in this Together? Tackling Inequalities in Health and Social Care
Tue Mar 23rd 3:00 pm

When You Walk Through the Storm: How Songs Can Heal with Gideon Coe, Suzi Quatro and guests
Tue Mar 23rd 7:00pm

**You can light a candle at 8pm Shine a light at 8pm**

At 8pm we'll hold a minute's silence and come together to light up the night. Stand outside with a light – a candle, a torch, even your phone - to remember someone who's died and show your support to people going through a bereavement.

- Alternatively you can shine a light in your window for everyone to see.
- Share what you do on social media using #DayOfReflection.

**CRAFTING AND OTHER IDEAS FOR THE DAY OF REFLECTION**

- You can print out and colour in a poster – or a card….. https://www.mariecurie.org.uk/get-involved/day-of-reflection/show-your-support#templates
- You can make a Fimo daffodil (sponsored by hobbicraft) - https://www.hobbycraft.co.uk/ideas/decor-hobbies/how-to-make-a-fimo-daffodil
- colour daffodil cards and deliver them to a local care home.
- plant a seed, a bulb, a bush as a sign of hope
- tie yellow ribbons to a prayer tree or railings as sign of their prayer and support for all who are bereaved

Finally if you or anyone you know would like help or guidance and support through **grieving and bereavement**, please go to this wonderful site **- AT A LOSS** - https://www.ataloss.org/ where there is a wealth of signposting and resources to help us all, whatever our ages and situations…

Of course, as well as reaching out to other agencies, and dear friends within and without our church family, I am here also to listen and pray with you and to offer any support that I can….

Blessings and love,

Jacqueline

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