



23rd March
National Day of Reflection
Reflect • Support • Hope

The purpose of this day is to reflect on our collective loss and also to offer solidarity to those who are now bereaved or suffering from the effects of Covid-19.

Reflect

Loving God,

You hold all our times in your hands, our past, our present, our future. Be close to us now as we remember all the difficulties, sorrows, and disappointments of the past year. Be especially close to all of us who are mourning and thinking of those (someone) we loved and knew, but see no longer, whether family, friends, colleague, or neighbours. May we remember them with thanksgiving for the good times shared, and the happy memories we made together. Help us to trust that they are at peace with you, and comfort us in our loss with your presence.

Connect

Loving God,

You place us in families and communities, and we give you thanks for all those around us who serve us and help us in so many ways. Give wisdom to community leaders, to our schools, hospitals, care homes and other agencies who make a positive difference to our lives. Bless all those who work to build up inclusive community and make connections between people. Help each of us to have the courage to reach out with thanks and kindness to those around us and to speak words of faith as we share the good news of your love.

Hope

Loving God,

As we journey towards Easter, help us to live as people of hope, expecting good things, knowing that beyond the pain of the cross lies the joy of resurrection. May we hold the hope for one another when we are distressed. Inspire us in our worship, through our churches and in our homes, that we may bring glory to you and joy to others. Be present with those who are struggling in mind, body or spirit, keep hope alive for them and give courage and hope to those who are facing uncertainty and change ahead. Help each of us to keep our eyes fixed on you, that we may reflect your light to all whom we meet.

Prayer

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 come and dwell in every heart and home.

Amen

What we can do to show solidarity:

We can show that solidarity by:

- Marking the silence at noon (at home or in church)
- Calling someone you know who might be bereaved or feeling depleted
- At 8pm there will be a 'share the light' moment where we're encouraged to light candles and lanterns in our windows or gather in Church to pray
- You could plant some bulbs on this day as a sign of hope.

Visit the national day of reflection website:

<https://www.mariecurie.org.uk/get-involved/day-of-reflection>