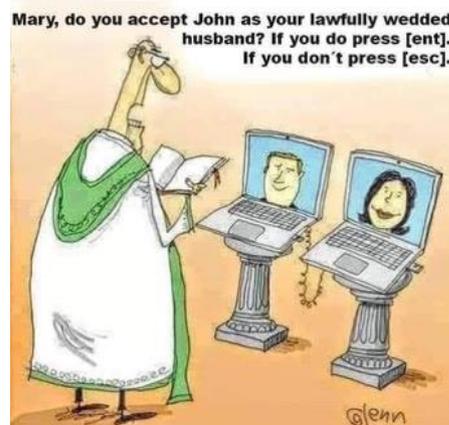


Dear Friends,

24th April 2020

Many of us have moved into a weird and wonderful virtual world. This cartoon is funny and sad at the same time. It's specially sad for any couples who planned to get married in the next few months -please do spare them and their families a thought. It feels so useless having to answer all their questions with 'I'm really sorry but I just don't know.'



There are ways in which the internet works really well. If you want to feed your soul a little there is a wonderful quiet day based on John of the Cross, run by Dani Munoz. It has short services, prayers and lectures. It is beautiful and very accessible with plenty of food for thought. You can set aside a day for it, or you can dip in and out in a way that suits your life. Dani is a priest based in Spain who used to work in a parish in Marlow. Neta and Nadine have both been on his retreats (ok -in the sunshine, up a mountain in Andalucia, but we can all dream!)

<https://www.losolivosretreats.co.uk/quietday>

If it's your body in need of a bit of a challenge but you don't want to overdo it then Elizabeth's cousin does a great Facebook workout. On Facebook just type '7 Minute Mornings' into the search window and choose (for some of you) 'Low impact workout for seniors.'

We are putting up something everyday on the church page on Facebook -with the Monday and Wednesday slots being primarily for school children, but all are welcome. The Sunday services remain the same. 0800, 1000, &1800
www.facebook.com/greatmissendenchurch - you should be able to see them even if you don't belong to Facebook.

The Oldham Hall virtual coffee mornings continue -if you get in touch with Rosie or Elizabeth we can make sure you get a zoom invitation -a simple link to a joint discussion.

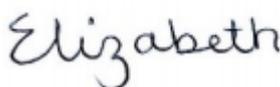
We are also trying to get hard copies of letters and newsheets to folk without internet -please let us know if you feel in any way left out and we'll do our best to get things to you.

Do get in touch if you'd like a chat, a prayer or help. We will write again soon.

With our love and prayers,



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