

An Open Letter to our Parishioners

For these things I weep; my eyes flow with tears; for a comforter is far from me. Lamentations 1:16

Last week was World Mental Health Week. It would be fair to say that we have all experienced different levels of mental health during this pandemic and especially the lockdown. Mental health, just like physical health, is something we all have and it can fluctuate at different times. I am reminded that at the beginning of the lockdown the phrase #bekind was circulating, particularly as we move into darker months. Sometimes it is the most upbeat of people who are struggling internally, or who are able to present themselves as mentally fit and able due to the medication they take. It is much harder going to the doctor when we feel that we just can't cope any more than it is to go for a dicky heart, or sprained ankle. It takes courage to do so.

If you are struggling, if you find you are crying more than is normal for you, if you just can't get out of bed in the morning, if your mind feels like an elastic band that is stretched so far it is about to snap, please talk to someone. Phone me or send me a text. Low mental health has been part of my story too.

Baby Loss Awareness



The end of last week and into this week also marks Baby Loss Awareness. Miscarriage, stillbirth, and death close to birth are still, sadly, very common life events. In St Peter's Churchyard we have two memorials for babies who did not live long enough: Angels' Corner, and a plaque in the old graveyard. Last night's Compline came from the old graveyard and I laid flowers and lit a candle on behalf of all our babies. If you would find it helpful you can view the service by clicking here

www.facebook.com/thewallopingvicar/live On Thursday is the Global Wave of Light, when you are invited to place a candle in your window to remember a little one. I will be circulating a link on Wednesday for how to join in online. Please let Dawn, our administrator, know if you would like to be included in that emailing.

Compline

A reminder that Compline takes place each evening at 6pm. You can join us online or in person at St Peter's Church with usual precautions, or by clicking on the link here: www.facebook.com/events/ The 6 week study on the words behind the prayers of Compline will not be held this evening as a result of the Team Council AGM; so the final session will be next Monday (Oct 19).

Love and blessings,

Vanessa