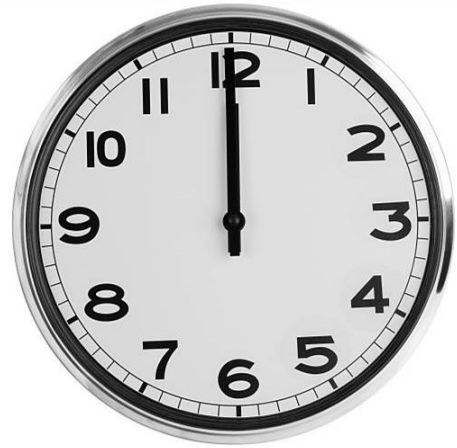


Midday Moments



Alone and together while in 'Lockdown'

Even when apart, we can still be together in a shared activity at a set time. Knowing others are doing the same kind of thing, wherever they are, offers comfort and a sense of community.

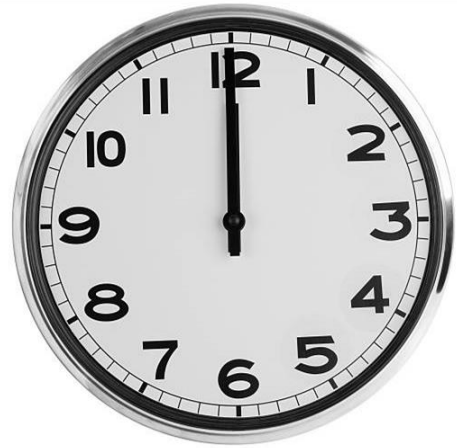
Many of us are taking a few minutes at 12 o'clock to do one of more of these ...

- pray
- think kindly of others
- meditate
- observe a few minutes' silence out of respect for those who have died and/ or those working to care for the sick.



Why not do one of these for yourself and be encouraged to know that you are connecting with others in those moments.

Midday Moments



Alone and together
while in 'Lockdown'

Even when apart, we can still be together in a shared activity at a set time. Knowing others are doing the same kind of thing, wherever they are, offers comfort and a sense of community.

Many of us are taking a few minutes at 12 o'clock to do one of more of these ...

- pray
- think kindly of others
- meditate
- observe a few minutes' silence out of respect for those who have died and/ or those working to care for the sick.



Why not do one of these for yourself and be encouraged to know that you are connecting with others in those moments.