



St Michael's Myland, with gentleness and respect we move towards a new way of being church!

Prayer Service Sheet 8.

Grief in Lockdown

Well done if you took one look at the title and still decided to read on! Another cheery reflection from the curate! Perhaps it should be entitled "Grief and Consolation during Lockdown"? – that might sum it up better.

As many of you know, I lost my wonderful Mum to Covid during lockdown. Experiencing the loss of a loved one during lockdown, is like no other bereavement. Knowing this from personal experience I can speak to the loneliness of it, to the pain of not being able to visit in hospital or to say goodbye, not being able to comfort or even hug and be comforted by family and friends. A distanced funeral is incredibly distressing for all involved and its impact should not be underestimated. Yes, Mum was frail, yes, she had those "underlying health conditions"; three words that I have come to loathe and am convinced that Mum would still be with us now if it wasn't for Covid. Yes, we feel robbed. Yes, we are angry. But we rejoice absolutely in a life well-lived, in all that we shared together, all that she meant to us.

In many ways, my grief is like the grief that anyone would face when losing someone they love dearly. One minute I'm sobbing, the next I can smile. Sometimes my legs and my brain are like treacle, everything happens so slowly. There are moments when I'm lost and moments when I'm found. This grief is agonising, heart-breaking and painful; it leaves you feeling weak and very fragile – a proper little chocolate teapot! – BUT

God is good! We absolutely know where Mum is, she's with the Lord she loved, she's walking with angels, she can breathe freely again, she can skip and run as she wanted to be able to do and that's wonderful. The assurance that this knowledge gives is priceless; it is real and it gives us strength. There is peace between the tears.

Through all of this my faith has not wavered, in fact, it's probably stronger than ever. Facing death clearly sharpens the view. But God is so good. I have been held, quite literally, when others cannot hug, God can. God's everlasting arms are real and comforting beyond words. I asked a friend if I was going to be ok. Yes, she replied, you will be ok, different but ok. No one can go through such pain and loss and be the same. I hope that my experience and understanding will help others, but it will change me and that's ok. The constant in my life and yours is God. The Bible says: "Draw near to God and God will draw near to you." The invitation is clear. God wants to hold us, comfort us, surround us with his love.

Loss during lockdown is particularly painful – not just someone's death, but loss of job, loss of freedom, loss of ease of access to family and friends, loss of intimacy, loss of normality. How do we respond? Draw near to God, experience those everlasting arms holding you and keeping you safe and sane. We were never meant to go through life alone. Let the Lord hold you. God bless, Hazel

***He gave that you
and I may have.....***



Morning / Evening Prayer Outline

We glory in your cross, O Lord, and praise and glorify your holy resurrection: for by virtue of the cross, joy has come to the whole world.

God be gracious to us and bless us and make his face to shine upon us, that your way may be known upon earth, your saving power among all nations.

We glory in your cross, O Lord, and praise and glorify your holy resurrection: for by virtue of the cross, joy has come to the whole world.

Psalm of the Day.

Bible Reading of the day.

A moment of quiet.

On the cross, Jesus offered himself to the Father for the whole world. At the foot of his cross, we join our prayers with his. Amen.

Our Prayers, (we pray for)

For the Church, and Christians across the world.

That all creation matters.

For the world, its needs, and our inability to share.

For our day, for the tasks ahead, and those we meet.

For those we know who are lost in despair and fear, for the sick, lonely and hurting.

Silence

Kindle in our hearts, O God, the flame of that love that never ceases, that it may burn in us, giving light to others. May we shine for ever in your temple, set on fire with your eternal light, even your Son Jesus Christ, our Saviour and our Redeemer. Amen.

The Lord's Prayer

Heavenly Father, in your Son Jesus Christ you have given us a true faith and hope in us all our days, that we may live as those who believe in the communion of saints, the forgiveness of sins and the resurrection to eternal life; through Jesus Christ our Lord. Amen.

God of glory, you nourish us with your word which is the bread of life. Fill us with your Holy Spirit, that through us the light of your glory may shine in all the world; we ask this in the name of Jesus Christ, our Saviour. Amen.

Let us bless the Lord. Thanks be to God.

Readings for the Day

Thursday 27th:	Psalm 94; Acts 7: 44—53
Friday 28th:	Psalm 102; Acts 7: 54—Acts 8: 3
Saturday 29th:	Psalm 104; Acts 8: 4—25
Sunday 30th:	Psalm 105: 1 – 15; Revelation 3: 14—22
Monday 31st:	Psalm 103; Acts 8: 26—40
Tuesday 1st:	Psalm 107; Acts 9: 1—19a
Wednesday 2nd	Psalm 119: 129—152; Acts 9: 19b—31
Thursday 3rd:	Psalms 116 & 117; Acts 9: 32—43
Friday 4th:	Psalms 130, 131, 137; Acts 10: 1—16
Saturday 5th:	Psalm 118; Acts 10: 17—33
Sunday 6th:	Psalm 108; Matthew 18: 15—20
Monday 7th:	Psalms 127, 128, 129; Acts 10: 34—40
Tuesday 8th:	Psalms 134, 135; Acts 11: 1—18
Wednesday 9th:	Psalm 136; Acts 11: 19—30
Thursday 10th	Psalms 138, 140, 141; Acts 12: 1—17
Friday 11th:	Psalm 145; Acts 12: 18—24
Saturday 12th	Psalms 148, 149, 150; Acts 13: 1—12
Sunday 13th:	Psalm 119: 41—64; Revelation 12: 1—12
Monday 14th:	Psalms 110, 150; John 12: 27—36a
Tuesday 15th:	Psalm 9; Acts 13: 44 - Acts 14: 7