

## Letter from Reconnect Leaders Team

We are currently living in difficult and unprecedented times. The COVID-19 pandemic is obviously causing anxiety amongst our community and it is only right that Reconnect responds in a responsible way.

The team have therefore made the difficult decision to suspend all Reconnect gatherings until further notice. This is in line with current Government and Church of England advice.

It is important that as a community we try to stay connected in whatever ways we can whilst not putting ourselves or others at risk.

The current advice regarding what to do if you feel you have symptoms or have been exposed to the virus are well documented on the NHS website.

We also believe that as well as looking after our general health, it is equally important to care for our mental and spiritual wellbeing.

There are many ways this can be done; for example,

Form WhatsApp groups with family or friends to keep in touch

Use social media to stay connected

Use FaceTime, Skype etc to visually connect

Do some exercise or activity

Do something creative - art, music, writing

If you are able, go for a walk - ensuring you observe the social distancing advice

We also would like to ensure that no one in the Reconnect community feels alone and unable to ask for help. Most people will have a way of contacting other members of the community if needed. All of our usual communication outlets will be monitored regularly so please ask if needed.

We would also like to look after our spiritual wellbeing. Although prayer events won't be happening, we can still pray - for example, a group of men who regularly meet together will now do so via a online conference call system!

We are hoping to send out regular 'thoughts for the day' style communications which we can use if we wish. If we do use them we can then gather a few friends virtually and continue the discussion.

With today's technology lots of things are possible so hopefully, as a community, we can continue to look after one another.

If you have any further ideas please share them with us, it would be great to hear them.

With love and blessings,

The Reconnect Leadership Team