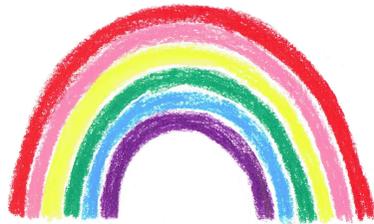


January 2021  
Circuit Prayer Diary

**At this time  
Dear Lord,  
At this time of pandemic,  
Let us foster respect and solidarity with others,  
especially those who are weak or poor.  
Let us remain calm and ignore unsubstantiated  
rumours.  
Let us take advantage of living together as a family.  
Let us attend to moments of prayer.  
Let us cultivate responsibility, patience and hope.  
Amen.**

*Prayer adapted from a radio message from Rodolfo  
Valenzuela Núñez, Bishop of La Verapaz, Guatemala*



A lot can happen in a year.

A year ago this week, having heard of this highly contagious and serious virus causing serious illness and even death starting in one area in China which could spread worldwide, when the first two British cases were confirmed. They were Chinese nationals visiting family in York.

Within 8 weeks, having already started closing our churches for worship, we found ourselves in a lockdown situation as was beginning to happen in other countries too.



A year in and scientists have been working hard to produce vaccines and remarkably these are now being given as fast as supplies can be provided. This gives us hope.

At the same time our hospitals have been working hard to cope with unprecedented numbers of patients leaving many staff both physically and mentally at breaking point. Infection numbers appear to have peaked and begin to come down but the numbers on hospital wards have yet to fall.

More difficult weather and dark evenings can make exercise a challenge meeting friends and family in person has paused for some of us for almost a year.

Many of us are communicating in ways we hadn't used before but many of us are struggling.

If there is someone we can support then let God lead us there to help in whatever way would be practical or most uplifting for the individual or family.

This will continue for some while yet. Be kind - to yourself and others.. Do what you can , safely, but also look after yourself. Even Jesus took time out.



**Rev Lynda Cooke, who has worked on the Circuit team a few years ago is Lead Chaplain at Medway Hospital and has asked for Prayer for Medway Hospital (but if that's not your local area the prayer needs are going to be similar in your local hospital):**

## **Prayers for Medway Hospital Prayer Request from Rev Lynda Cook**

Here are some important prayer needs.

Staff resilience. Many staff are struggling with the amount of very sick patients , many of which do not survive. This has a huge impact on staff and their resilience. Staff are committed to care for those on their ward, but there are days when they are overwhelmed.

Prayers for patients, many of whom will experience people dying in beds next to them, or near to them on a daily basis. It is hard for patients not to have visitors. This is obviously important to help keep the infection rate down, but has an impact on the patient's experience in hospital. Often a couple of family members can come in when someone is dying.

Prayers for our overseas nurses who haven't been able to go back to their country for a home visit. It can be very challenging in a new country where you don't know anyone. Many of our staff from overseas are finding it hard.

Prayers for James our CEO, and all senior staff who have to make daily decisions. This is a challenging situation to be in and prayers for wisdom would be appreciated.

Prayers for the chaplains who have those overwhelming days, that God will hold us in peace as well as his protection.

Thank you for the prayers for the hospital & Staff ... Rev Lynda Cooke

