

## Thought for the day. Monday 8th June 2020

As lockdown restrictions are starting to be lifted I was reminded of this traditional blessing:

Go forth into the world in peace.  
Be of good courage.  
Hold fast that which is good.  
Render to no one evil for evil.  
Strengthen the fainthearted.  
Support the weak.  
Help the afflicted.  
Show love to everyone.  
Love and serve the Lord,  
rejoicing in the power of the Holy Spirit;  
and the blessing of almighty God,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always. Amen

I listen to the news and it seems to me that our world needs us to be salt and light in these turbulent times, especially as we can now 'go forth' even if it's in a somewhat limited physical sense. I've been reflecting on this prayer and as I walk around my neighbourhood will use it as a basis for a prayer walk, praying God's blessing on the houses and occupants. But is now the time God is calling us to 'go forth' not only physically but also in a spiritual sense? As, hopefully, restrictions on the use of church buildings start to relax over the next few weeks and months, let's not forget the imperative not only to gather together but to also 'go forth' into the world sharing His peace with those around us.

God bless you.  
Ursula.