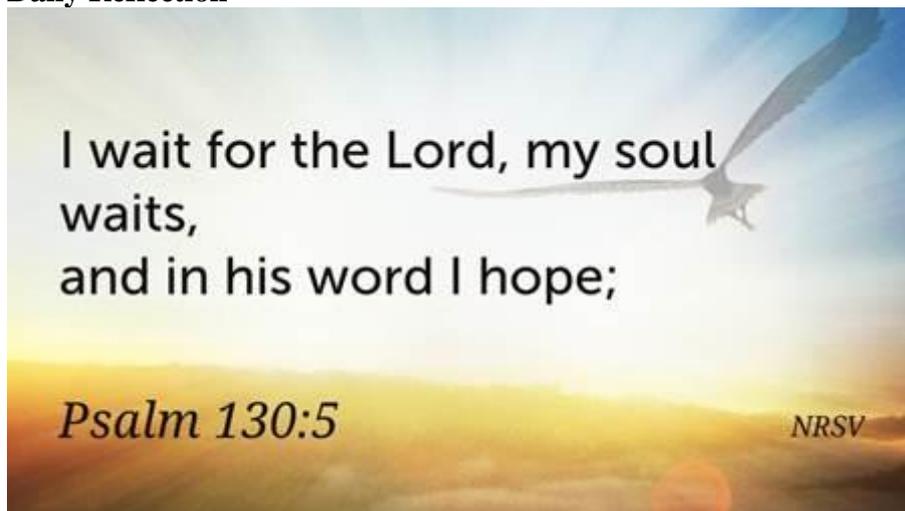


Dear Ipswich City church family.

Who to pray for.

Yesterday I suggested one group to pray for would be teachers. We of course continue to pray for those infected, in quarantine and in isolation. We also pray for those on the front line - the medical profession, and first responders. Another group like teachers who need our prayers and support are those who work in retail. For example service station and supermarket staff. For our sake they are exposed to the virus. We pray for their safety, and well being, for their fretting families and friends. If we are friends and neighbours we might like to give them a call or send them an encouraging message.

Daily Reflection



What can I do? Wait!

Psalm 130:5 (NRSV): *5 I wait for the Lord, my soul waits, and in his word I hope;*

What can I do as this virus spreads? What is my purpose? How can I help? There are many things. If you need to go out anyway and know of someone who can't, you could ring to see if they need something and drop it to their door or into their letter box. You can ring your friends or neighbours especially those who may be by themselves. Health authorities are saying one of the best things you can do is maintain social distancing and stay home. Wait!

Waiting is hard but if it slows the spread enough it will save lives. If enough of us have waited in only 10-14 days a new day will dawn when the spread of the virus has slowed to a trickle.

The Bible understands the value of waiting: "my soul waits for the Lord more than those who watch for the morning," (Psalm 130:6 (NRSV))

In this dark time and in any dark time, waiting on the Lord, for God to bring the dawn of salvation is important. While you wait and watch, you can still love and serve, even from a distance!

Lord help us to do the important work of waiting. It is hard to keep our distance and hard to be patient, but your word says that it is more rewarding than waiting for the sunrise. In Jesus Name we pray. Amen.

Rev. Andrew Gillies