

## A Letter from MANNA

Friends. So very much has changed.

This morning I listened to one of my children mourning, "I want to go swimming! We can't go swimming. Not for MONTHS!". It seems a little trivial, perhaps, given the many other things on our minds. It is also strange because we haven't been swimming in months, and hadn't planned to. Listening I could hear that it was part of a long list of realisations of what all of this means, what is being mourned and lost. It helped me to understand the loss little minds are processing these days.

In my past work we helped people who were returning home from a long time overseas in another culture and an economically poor class. Coming home, for them, was like coming somewhere completely new - even though it was home. It was very overwhelming for them to leave daily life in a small village and return to daily life at home. Adapting was hard and slow.

We would tell people: "Our souls only travel as far as a horse can walk in a day"

For those folks - they were still far from Canada. Yes, their bodies had walked onto jet planes and sped home. But their hearts - they were still overseas in villages, saying goodbye, making their way slowly to airports. Our hearts and souls take time. They walk slowly.

I am sure your body did the things it needed to do this week. It sped along, adapting and figuring. Caring for and lifting up. Today we take time to wonder - where are our hearts? where are our souls?

During any transition we deserve a lot of love and care. (We always do, its true). We are adapting. We are mourning. We are processing. We are feeling. We are finding our way. **And we are not alone.**

Today we invite you to pay attention to your heart and your soul. The light inside of you. If you head to our Manna facebook page there is an invitation on from Jim into daily prayer. You will also find our lenten hymn song - Open My Heart.

You might light a candle. Maybe you feel like listening to the candle prayer or hymn. It might feel good to reflect with others about where you hearts are - whether around the kitchen table or with friends online. Afterwards, you might find something to do that is joyful - like a walk outside. Or creating a snack. Or doing some sidewalk chalk.

Next week, we will have something more interactive. Your Manna family is here. We are walking much faster than horse speed towards online ways of being together :) We know it is important to support one another during this time.

Much love and light! Take good care.