



PASTORAL NOTE: Pause, Ponder and Pray

Friday, 8 January 2021

Molweni dear Clergy and Laity of False Bay,

I encourage you to meditate on Psalm 72, particularly God's presence and redeeming love. In the midst of the pain of the severity of the second wave of Covid resurgence, we appreciate our sense of belonging as family and friends of False Bay Diocese. Continue to care for each other, pray for each other and make contact with a different colleague each day. We give thanks for the glimmer of hope of the vaccine.

Set your cell phones to ring each day at noon, to pause, ponder and pray. Wherever possible, ring the church bells.

Pray this prayer for the Covid 19 lockdown or any other that you have :

God bless the world.

Give us wisdom at this time.

Grant us relief and release.

Be with those who are ill.

And bless the carers fighting this pandemic.

*For Jesus Christ sake. **Amen***

And then at 8 pm, we again unite as a Diocese as we light a candle, sit quietly and pray the Coronavirus Healing prayer compiled by Canon Ron. If you don't have it, you will find it on our website. Please be careful with candles.

For those who are healthy, let us observe Fridays as a Day of Prayer and Fasting for an end to this Pandemic, with the shadow pandemics of GBV and Poverty.

Many things have been canceled but Hope and God's love have not been canceled.



Thanks, Peace, Prayers and Blessings,

+Margaret