**All age worship – Sunday 5th April 2020**

Welcome to all age worship starting with elders’ usual introduction

Start with some quiet

**Read the poem called Pandemic by Lynn Ungar (attached)**

Welcome to all age worship. We are living in a strange time just now, and aware that many people are getting ill with this horrid virus. Many of them are in hospital and some older people are dying. There are some very new rules to help keep us safe – we have to stay at home and protect ourselves from getting ill. So, it is quite hard to keep away from our Ffriends and family. And now meeting for worship seems so much more important for us all. Meeting like this is strange but it is lovely to be able to see everybody and come together as a Quaker community.

We need to look after ourselves and it is okay to do this. We are going to take a little time to settle into ourselves before hearing the story. We will do some simple breathing & relaxation. This will help us to feel calm. So now make yourself comfortable. If you are a small wriggly person now is a good time to climb onto a lap and have a cuddle.

Forget the screen for a moment and close your eyes if that feels okay. Focus now on your breathing as you breathe in and out. Be aware of the cool air going into your lungs and letting go as you breathe out. Now take a slightly deeper breath and breathe out slowly allowing your body to relax into the chair. Take two more deep breaths …… and then open your eyes.

Now you are feeling relaxed we are going to listen to the story. Margaret is going to read this to us. You might even want to do some more breathing when you listen to what the story is about.

What’s in your Mind Today? By Louise Bladen and illustrated by Angela Perrini

Now I wonder what is in our minds today. You may have some words or a picture you want to put on paper. You may want to share what is in your mind – this is ministry. So, if you have some paper and pens or crayons now is the time to create your picture or write some words. This activity is for all who want to take part, others can uphold us in silent worship.

Allow some time for people to do this and then invite everyone to hold up their pictures. It would be good to share this with others so perhaps you can take a photo of your picture or words and send it to me.

Finish with some quiet.