

ST. WILFRID'S & ST. MICHAEL'S

**Meeting Needs, Bringing Hope,
Sharing Love**



Our Loving Lord

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Rev. John's Jottings:

For the majority of people around the world, the coronavirus has brought rapid change in ways of living. One of the greatest impacts must be the social distancing. As human beings, the forbidding of human touch and staying at least two meters apart may not only bring a sense of isolation but at times even a sense of rejection. As someone has said, 'A hug speaks more than a thousand words'! For those of us who enjoy going to church, there is a part in the service called 'The peace'. It's when each person turns to their nearest neighbour, but more often to the whole congregation, and says to each individual, while offering a handshake or an embrace, 'The peace of the Lord be always with you' and the response is given, 'and also with you'!

This tradition goes back many years and it reflects the acknowledgement and appreciation of the person to whom 'the peace' is offered and received. It also reflects the loving and caring relationships that should permeate the church. However, in the current situation we all find ourselves in, sadly our churches are closed and we cannot offer one another 'the peace'. As a side line, this is a very strong case to remind ourselves that 'church' is not a building, but more to do with relationships between people and continues outside the building. So, although our church buildings are closed, 'the church' as people continues outside the building in acts of kindness and practical help to all. 'Peace' is a precious commodity and often in short supply. You can't buy it, you can't pretend you have it, you've either got it or you haven't. In many ways you have to search for it to find it; you have to receive it and share it. The 'peace' that we are talking about in church is, 'The peace of the Lord', because it was said by our Lord to His followers on a number of occasions; especially after the first Easter, which we have been celebrating in the Christian calendar in April this year. After His resurrection, Jesus appeared to His disciples on numerous occasions and greeted them with those words, 'Peace be with you, do not be afraid'. When all seemed to come to an end at the death of this amazing man, who claimed to be the son of God, the followers had lost heart and even faith. But their faith and joy were restored at our Lord's resurrection from the dead that Easter Sunday morning, proving that He is indeed the son of God. We may be feeling we are losing heart and even faith in the events of the coronavirus, which leads to lack of peace. But it's important to remember that there is a peace that can be found as our Lord said, 'Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. Trust in God, trust also in me' Perhaps now is the time for you to grasp God's hand – it's probably the only hand outside your household which you can grasp with any confidence!

Wishing you God's blessings as we travel together through this difficult time.

Rev. John

Prayers each day during May:

1	Let us pray for Rev. John & Frances as they work tirelessly throughout our Parishes. Keep them safe and well Lord in their ministry..
2	Praying for all suffering with the Corona Virus – bless them Lord with your Healing. We pray for all who have lost their lives, and those who mourn, bless them with your great comfort Lord..
3	Give strength to the lonely and may they know your presence Lord God
4	Praying for all families at this difficult time. May they enjoy their time together, bring patience and love into their daily lives
5	Praying for Residents living in Meadow Croft. Rowland Crt & Stewart Crt
6	Thank you Lord that you are there for us during our times of need
7	Blessed be our God of all creation – we give you thanks and praise
8	Holy Spirit fill us with your love that in turn we can reach out to others
9	Thank you Lord for looking after us during this pandemic, help us to stay safe and keep well as we pray for our families, friends & neighbours
10	Praying today for all our servicemen and women and all their families
11	Cast all your burdens on the Lord, and He shall sustain you
12	Praying today for all children that you enjoy your time at home with family. May this special time together make lots of happy memories
13	Praying for all awaiting test results, scans and x-rays.
14	We pray for someone we have not been in contact with for a while
15	Lord, We give thanks to all those wonderful people offering to help us
16	We pray for all those celebrating birthdays or anniversaries at this time
17	Thank you Lord for the beautiful weather we are enjoying at present
18	Praying for all Dr's Nurses and Care workers and all Emergency services
19	Bless all residents in care homes and their carers.
20	Through all these changing scenes of life – keep us focused on You Lord
21	Heavenly Father bring peace and calmness to all people in Isolation
22	Let us pursue righteousness, godliness, faith, love, endurance & gentleness
23	We give thanks Lord for the kindness that abounds within our villages
24	It is by grace you have been saved through faith. It is the gift of God
25	We pray our Gracious Lord will renew our strength and hope each day
26	Our Lord Jesus Christ is the same yesterday and today and forever
27	Praying for all frontline NHS workers everywhere, all shop assistants, delivery drivers, chemists, all workers serving us and our country
28	Praying for all our Grandchildren, maybe out of sight but not our hearts
29	God has given you special abilities – use them to help each other
30	Bless all those who encourage us in our daily lives & bring us joy
31	At all times let us be thankful for our wonderful healing God

THE MAGIC OF MUSIC:

We leave the troubled world outside
And softly close the door,
Then for a very special time
Our weary spirits soar.
As music gently fills the room
It carries us along,
With orchestra, or soft guitars
Or hymns or romantic song.

The notes are all quite magical
Enchanting heart and mind,
Like fairy dust they cast a spell
As tangled thoughts unwind.
Then as the sounds go floating high
The world seems far away,
And we can fly on music's wings
To reach a brighter sky.

When life has problems, stress and strife
And time would takes its toll,
Relax and listen, drift away
Let music soothe your soul.

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I called on God in distress; the Lord answered me.

(Psalm 118. V5)

Ask God to show you opportunities to share the gift of love

Children's Corner:

THE EAGLE WHO WOULDN'T FLY.

Baby Eagle looked over the edge of the nest and closed his eyes.

'I'm not leaving!' he said, and he clung to the side of the nest. 'I'm not the flying sort'. 'Don't be silly', said his mother. 'Of course you are, come on jump'. Baby Eagle shrank back in the nest. 'I'd rather do it tomorrow, I've got a funny tummy". 'All your brothers and sisters can fly', sighed his mother. 'Yes I know', Baby Eagle agreed. 'But I have different skills, I can squawk in three languages'.

His mother flapped her huge wings and glided down the side of the mountain. Baby Eagle looked up into the great blue sky and down towards the vast blue sea, and he shuddered, 'If only I could be sure', he thought. 'I'll wait until my wings are bigger'.

The branch shook as his father landed near the nest, 'Son', he said, 'do you want to fly?' Baby Eagle put his head on one side, 'Now you mention it Dad, there's a lot to be said for seeing the world from a nest.' His father looked at him steadily. 'If you want to fly, you have to trust me'. Baby Eagle gulped, 'Trust you?'.

'Yes, when you jump, I'll be flying very close to you. If there's any danger of you falling, I'll fly underneath and catch you'. Baby Eagle thought about his father's outstretched wings, over two metres across. He thought of the way his father could turn in the air like an acrobat, could soar and dive and streak down to earth to catch his prey. And he thought it would be very safe in the air if his father was nearby to help him. 'Think about it son', and his father quietly flew away` Baby Eagle began to fret. He knew that the nest would soon be too small for him. He knew that his parents couldn't feed him for the rest of his life. He knew

that deep down he wanted to fly, more than anything. Baby Eagles struggled up on the rim of the nest and clutched it tightly with his talons. The nest was swaying slightly in the wind. He could see his father circling below, and his mother arriving with food in her beak. 'If only I could trust him', he thought sadly.

Then suddenly a great push from his mother sent him screeching into the air. He felt the wind rushing through his feathers and his wings automatically stretch out. And there was his father, just beneath him, almost touching him, keeping him close. 'That's right son', he called, 'move your feathers like this, so you can turn in the air.' 'I'm flying, I'm flying', cried Baby Eagle. 'I can do it'. Clumsily he flapped his way back to the nest and fell in. 'That was brilliant!' he squawked. 'Let's do it again!' 'Have some food first', said his mother, and he realized how hungry he was. 'You pushed me', Baby Eagle accused her when he had finished eating. His mother preened herself. 'We pushed all your brothers and sisters. They'd never have jumped otherwise'. 'Dad told me he'd be there', said Baby Eagle, 'but I didn't believe him'. 'No, but I did', said his mother.

[Isaiah 40:31](#)

But those who wait upon the LORD will renew their strength; they will mount up with wings like eagles; they will run and not grow weary; they will walk and not faint.

Questions for young listeners

- * Why didn't Baby Eagle want to leave the nest?
- * What did he learn in the end?
- * How did you feel when you learnt to swim or ride a bicycle?
- * What did Jesus ask his disciples to do, and how did he help them?
- * If we follow Jesus how will he help us?

CHILDREN'S COLOURING PAGE



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IT' NOT TOO LATE;

The famous inventor Samuel Morse dreamed of one day becoming a great painter. He even travelled to Paris in the pursuit of his dream. Years before, his preacher father, Jedediah Morse, had counselled him using the words of the Earl of Chesterfield; 'Attend to one thing at a time. The steady undissipated attention to one object is the sure mark of a superior genius'. As a result, Morse threw himself into painting. But after a series of setbacks, he finally abandoned it. The crushing moment came when he lost the appointment to paint a historic mural at the capital in Washington D.C; and he gave up painting entirely. Writing about Samuel Morse in his book *The Greater Journey*, historian David McCullough says: 'He must attend to one thing at a time, his father had preached. The 'one thing' henceforth would be his telegraph... Had he not stopped painting when he did, no successful electromagnetic telegraph would have happened when it did, or at least not a Morse electromagnetic telegraph.' Relatively late in his career, Samuel Morse gave up painting to focus on inventing the telegraph, and eventually a language called Morse code that transformed how the world communicates. The Bible says, 'The Lord your God...is the one who gives you power to be successful'. And here's the good news - there's no age limit with God! He can give you success at the beginning, in the middle or at the very end of your life. But in order to grasp the thing at which you will succeed, you must be willing to let go of the thing at which you have failed.

*'The Lord your God gives you the power to be successful'.
(Deuteronomy 8: v18)*

Where the Spirit of the Lord is, there is freedom

An Easter memory by Vic Murray

My Easter memory dates back to 1959 when I was just 15 years old. Have been recently confirmed I was at the start of my journey from teenage to adult worship. It was my first Good Friday service. The last three hours on the cross from 12:00pm to 3:00pm. Somebody had whispered to me beforehand that it was alright to attend for shorter than the three hours. However I struggled with the concept of arriving late or leaving early. After all as a child if I was late on arriving at a service I would have been told about it in no uncertain manner. So to hear there was a service where this was quite alright was a shock to me. However I could not cope with the people who were going home for lunch and then coming back for the final part of the service. Nowadays the more common service on Good Friday is the final hour on the cross so that problem does not often occur.

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New Hymn Helpline:

The Archbishop of Canterbury has launched a free helpline that encourages callers to sing along to hymns in an effort to combat loneliness, whilst in isolation. As churches remain shut, the Church of England's 'daily hope - line' is designed to give spiritual guidance to those who are unable to access the internet. The free phone number will be met with a special greeting from the Archbishop of Canterbury.

Calling 0800 804 8044 prompts users to make a selection from options. A section called 'hymns we love' provides a hymn and reflection while others offer a prayer during the day. There is a Hymn line where daily hymns are played on a loop and weekly sermons specific to the coronavirus pandemic. The phone line is available all day and has been set up to recognise many people especially the elderly.

Little Quips:

Teacher.' How old is your father?' Child. 'He is 6 years old'

Teacher-' What? How is that possible?'

Child. 'He became my father when I was born'

Teacher. 'Maria, go to the map and find North America'.

Maria - ' Here it is'. Teacher - 'Correct.' ' Now, class who discovered America?' Class - ' Maria'.

Teacher.' Glenn, how do you spell 'crocodile' Glenn 'K-R-O-K-O-D-I-A-L', Teacher' No, that's wrong'. Glenn - ' Maybe it is wrong, but you asked me how I spell it'

Teacher. ' Donald. What is the chemical for water? Donald 'H I J K L M N O' Teacher 'What are you talking about?'

Donald ' Yesterday you said it is H to O'.

Teacher. ' Clyde, your composition on 'My DOG is exactly the same as your brother's. Did you copy his?'

Clyde ' No, sir: it's the same dog'

Teacher. ' Harold, what do you call a person who keeps on talking when people are no longer interested?'

Harold. 'A teacher'

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Expect to have hope rekindled.

Expect your prayers to be answered in wondrous ways,

The dry seasons in life do not last.

The spring rains will come again



Above are a couple of photographs taken of our lovely Churchyard at St. Wilfrid's. It is a pleasure to walk through our Church gates and see all the hard work done by Colin. Everywhere looks amazing and especially with the extra little touches that appear in our borders.

On behalf of our Church and all the people who come to visit and put flowers on the graves of their loved ones, and those who attend funerals here. We say a big THANK YOU for all your hard work that brings joy to so many.

Memories from our friend Anne: The War Years--Life goes on

During the war years Aunty Mary Barber cycled from Coleshill to visit us, she often bought us little treats. She would sometimes have me stay with her but I was always so homesick for my mother that she had to bring me back home. My mother was not perfect by any means but none of us could bear to be away from her for long. One occasion when I stayed at Aunty Jean's, Bing Crosby's song, 'When the blue of the night meets

the dawn of the day' came on the radio and when it got to the hit parade, 'Someone waits for me, if only I could see how happy I would be'. I wept buckets. I wanted to go home to my mother. She was visiting that day so she finished up cycling back to Whitacre with Janet in a carrier at the back, me sitting on the saddle and herself perched right on the end of the saddle with her bags on the handlebars, if my memory serves me right she finished up pushing the bicycle most of the way home.

Sometimes we went to Coleshill on the train with Aunty Jean and family. These visits were fraught with anxiety for me. Mum would send me off in front of Janet while she finished whatever she was doing. 'I'll catch up', she promised. I was always worried in case she did not get to the station before the train came. However she would come flying along the lane pushing David in his little carriage and then we had the problem of getting across the platform. I just could not go over the footbridge, I was so afraid of heights so we had to cross the line further down. as I mentioned before I blame Mr. Conways stair for my terror. Once at Aunty Jeans we would have a nice dinner and then go home on the 4pm train. We thought Aunty Jeans house was 'very posh' and indeed it was compared to ours. Uncle Harry was a Cabinet maker and

made most of their furniture before they were married and very good furniture it was too. They had a Dining Table, comfortable leather three piece suite. They had a wind up gramophone and a piano - this was a great source of delight to me although I couldn't play a note. Upstairs they had a bathroom and in the main bedroom a beautiful oak bedroom suite designed and made by Uncle Harry. The girls had bookshelves of the children's classics and I did envy them those. On the landing was a wonderful doll's house again made by my uncle and even had electric lights. Pat and Hilary, Aunty Jean's girls had a tiny armchair each and had upholstered seats. Aunty Jean was a good cook and would make sponge cakes with orange flavoured butter cream and she allowed me to scrape the bowl. Aunty Jean and mum were not alike. Aunty Jean was tall and slim and judging by her wedding photograph she wore a long silk dress in grey and a dusky pink cloche hat, which my mother said came from Paris. The clothes during the war had been short to save on material.

Aunty had two daughters Patricia, a couple of years older than me, and Hilary who was a fortnight younger than Janet. They were as unlike as my mother and her sister. Women who had no school age children were expected to do war work which Aunty Jean wanted to do. She arranged with Mrs. Clinkscales(Aunty Dot) to look after Hilary. The Clickscales children were grown up so Hilary was made much of and Aunty Dot became a second mother. Perhaps it was as well this situation happened because Aunty Jean died when Hilary was only 14, and Aunty Dot became mother to Hilary; in adult life she actually called her mum and she treated Hilary's children exactly like her own children.

(Thank you Anne for another trip down memory lane) xx



Everything is in God's hands.

One pair of hands formed the mountains
One pair of hands formed the sea
One pair of hands made the sun and the moon
Every bird, every flower, every tree
One pair of hands formed the valleys
The ocean, the rivers and the sand
Those hands are so strong, so when life goes wrong
Put your faith in the one pair of hands
One pair of hands, healed the sick
One pair of hands raised the dead
One pair of hands calmed the ragging storm
And thousands of people were fed
One pair of hands said I love you
And those hands were nailed to a tree
Those hands are so strong, so when life goes wrong
Put your faith into one pair of hands
Those hands are so strong, so when life goes wrong
Put your faith into one pair of hands

USE WHAT GOD HAS GIVEN YOU.



Jesus paid one of His greatest compliments to a woman of the streets who poured costly ointment from an alabaster box onto His head: 'She has done what she could'. God requires no more of us, and is worthy of no less.

One night in 1837, a woman called Florence heard the voice of God telling her she had a special mission in life. Nine years later that mission began to take shape when a friend sent her information about an institution in Germany that trained deaconesses, so she went there and learned to care for the sick. In 1853 she became superintendent of a women's hospital in London. When the Crimean war broke out in 1854 she volunteered to take care of British soldiers and went to Constantinople. Once in Turkey, she was put in charge of nursing at a military hospital. It was a male dominated society and the doctors were hostile towards her.

The hospital was deplorably filthy, so she dug in her heels and began caring for her patients, at first using the provisions she bought with her and then undertaking a correspondence campaign to resupply the hospital. She spent hours each day in the wards, touching virtually every wounded soldier who entered it. The comfort she gave them on her night rounds earned her the nickname 'the lady with the lamp'. Who was she? Florence Nightingale. One of her most famous sayings was, 'I never made an excuse, or accepted an excuse.' So instead of focusing on the talents and resources you *don't* have, use what God has given you



"Before I tell you what happened, Mom,
remember...The Lord will never give
you more than you can handle."

Gardening in May: Container Gardening:

As well as planting in beds and borders, many people like to also have a few plants in pots. There are a number of reasons for this. It is a good way to bring colour and variety to patios and decking areas. It is easy to try plants out in various spots in the garden to see where they thrive before planting them out. It is convenient for plants who might not survive the winter unless they're bought into a greenhouse or conservatory. And also the pots themselves look beautiful. I try to buy terracotta pots and paint half of them with bright colours. This is cheaper and more personal than buying colour glazed pots. It is also something my children love to help me with. As well as plants in terracotta pots I usually have a few in wellington boots, broken kitchenware and attractive tins of various shapes and sizes. It is better not to put anything too demanding in these unusual containers, perhaps try some simple grasses, or mint or tough herbs like rosemary. Almost anything can be used as a container but you must ensure that you make some effective drainage holes. They can easily dry out if not watered, but most common cause of failure is actually overwatering, just check they are draining freely, and benefit from regular mulching. Plants need to develop strong root structure before transferring to a larger pot.

As Christians, we also need to develop strong roots.

So then, just as you received Christ Jesus as lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. (Colossians 2:6,7)

This verse talks about being firmly rooted in Christ. As we spend time praying, Bible reading and listening to God, we start to get to know him better. This is the sense in which we can be rooted in him. These things take time. Good container gardening involves a little bit of extra time and care, but it is worth it. God does not want to be a part-time friend in people's lives. To stretch towards life in fullness, these things develop closeness with God. *Lord Jesus Christ, I love you and trust you, I want to grow my roots down deeper into you and draw nourishment from time spent with you. Show me ways that I can truly grow closer to you. Amen*

Other possible tasks this week include – sowing more hardy annuals. Planting small tomato plants in grow bags. Training sweet peas.

May Recipe: Somerset Cheddar Wedges:

Ingredients: 225 gms(8oz) Self raising flour

Pinch of salt: Level teaspoon dry mustard

50gms(2oz) margarine. 110gms(4oz) strong cheddar - coarsely grated
150ml (1/4 pint) milk.

Method:: Preheat oven to Gasmark 7/220deg C/425deg F.

Lightly grease a baking sheet

Sift flour, salt and mustard into a bowl and rub in margarine.

Reserve 25gms(1oz) Grated cheese and toss remaining 75gms(3oz) into the mixture. Add milk and mix lightly to form soft dough.

Divide dough into 2 rounds about 1.1/2 inches thick and place on a baking tray. Mark each round into 6 deep wedges with a sharp knife.

Sprinkle reserved cheese over the top.

Bake just above centre of oven for about 10 - 15 mins.

Cool on a wire rack. Split and serve with butter. Makes 12 wedges.

Freezes well.

And now for a cheesy parable,

At a special dinner 5 British Cheeses were laid tastefully on a cheeseboard, along with a bunch of grapes and savoury biscuits.

I don't see why I should sit here with common souls, said Stilton. Why I am king of the cheeses. Nonsense says Double Gloucester. I'm important. I am called double because I'm doubly tasty & delicious.

Ah, but you're not as smooth and soft as me, said Light cream cheese.

What do you know? said Sage green Derby, I deserve pride of place.

The cheddar kept quiet.. Don't forget the cheese board the hostess said to her diners, as the guests left there was so much cheese left.

'It's always the same said her husband - the good old cheddar always gets eaten first.

Lord, help me to know where I fit in the world and to value others as much as I value myself. Amen.

YOU'LL NEVER WALK ALONE:



When you walk through a storm
Hold your head up high
And don't be afraid of the dark
At the end of a storm
There's a golden sky
And the sweet silver song of a lark
Walk on through the wind
Walk on through the rain
Though your dreams be tossed and blown
Walk on, walk on
With hope in your heart
And you'll never walk alone
You'll never walk alone
Walk on, walk on
With hope in your heart
And you'll never walk alone
You'll never walk alone

Happy 100th Birthday Captain Tom!

WORD SEARCH

A E A Q O S C V O I W B E
X B S V Y S J Y E O P A D
W X B Z O E Z U R O S B Q
H L A X J L B U A A Q J O
O T S F Z R S I C D N X L
P E S I E A O R B O X M I
E V B E A E I M K R Z B Y
J E Z H W F X N K E T G Q
Z I P L I U R P Q N S Z W
D L F C C G P I E D U R Q
R E S H T O I F E C R C M
E B E T I W S S K N T S V
Q V V A Z W W J D Y D I I

**ADORE. BELIEVE. CARE. EXPECT. FAITH. FEARLESS
FRIEND. HOPE. LOVE. OTHERS. SACRIFICE. TRUST**

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Pray for parents with young children. Ask that God would guide them in teaching and nurturing the young minds in their care.

The Hidden Strength of God

I take limitations in stride, and with good cheer, these limitations that cut me down to size – accidents, opposition, bad breaks. I just let Christ take over! And so the weaker I get, the stronger I become. (2 Corinthians 12:10)

God is not wasting pain in your life. He never wastes a wound. He's healing you at this very moment and using that pain to show you a dream bigger than you realise. But you need to trust Him. When you trust, you allow room for hope.

When we are in the deep, deep valley we must hold on to the assurance that God stands firm and strong behind us. Nothing we experience will be wasted. It will all be used for our own good – to make us stronger, to make us walk closer to Him, to give us a more loving heart. In our greatest pain we need to lean heavily on God. He's using our weakness to do his work in and through us, building trust, so that His dream for each of our lives can become a reality. We rarely understand how God is using pain in our lives to refine us.

Sometimes through the tears we can't see anything, much less understand. But just because we don't understand the pain doesn't mean He's not using it. He is. It's part of His plan and purpose. Trust Him.

Dear God, some days I don't know how I will get through the day with the pain and hurt I have to face.

Let me feel your presence, Lord, so I can trust You and relax.

Let me fall into your everlasting arms, giving You control as I feel Your strength. Amen.

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Whenever we pray, we need to remember that God's ways and God's timing aren't always the same as ours. In fact, His time frame rarely matches ours.

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Lord, we trust you, You are our God, our lives are in your hands

Quiet Corner:

Let us have a moment during this viral scare, to bring peace into our hearts, let us pray...

The day the Lord created, Hope was probably the same day as He created Spring.

May the God of hope fill you all with great joy, and peace as you trust in Him. So that you may overflow with Hope by the power of the Holy Spirit. Amen.

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There is always something to live for – as clouds and shadows clear – Time opens up fresh vistas with every passing year....The view beyond is hidden – but thank God you can say – There’s always a new horizon. There’s always another day.

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This is my wish for You...Strength for the task you have in hand; Time for the lovely things you’ve planned , Hope to sustain you day by day, Laughter and sunshine all the way. Wisdom to guide and light to lead, Courage and faith in time of need. Health never failing. Friends to bless, And love to complete your happiness,

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Someone is thinking of You! Someone remembers – and somebody cares. Your name is mentioned in somebody’s prayers...Keep the bright hope of the future in view. Someone is thinking of You.

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I know a lane walled in my hedges, flowery, deep and green – a lane where beauty waits to take your breath at every scene – where every bend reveals some pleasing prospect to the eye; a cottage hung with roses or a spire against the sky. A meadow where in quietness the grey sheep come to graze – fields of golden buttercups that holds the suns bright glaze. Sunlight sifting shadows through the trees that arch above.. I wonder when I’ll walk again the little lane I love.

An edited message from H.M. Queen Elizabeth 11:

I want to thank everyone on the NHS frontline, as well as care workers and those carrying out essential roles, who selflessly continue their day to day duties outside the home in support of us all. I am sure the nation will join me in assuring you that what you do is appreciated and every hour of your hard work brings us closer to a return to more normal times. I also want to thank those of you who are staying at home, therefore helping protect the vulnerable and sparing many families the pain already felt by those who have lost loved ones. Together we are tackling this disease, and I want to reassure you that if we remain united and resolute, then we will overcome it. I hope in years to come everyone will be able to take pride in how they responded to this challenge. And those who come after us will say the Britons of this generation were as strong as any. That the attributes of self-discipline of quiet good humoured resolve and of fellow feeling still characterise this country. The pride in who we are is not part of our past, it defines our present and our future. The moments when the United Kingdom has come together to applaud its care and essential workers will be remembered as an expression of national spirit; and its symbol will be the rainbows drawn by children. Across the Commonwealth and around the world, we have seen heart-warming stories of people coming together to help others, be it delivering food parcels and medicines, checking on neighbours, or converting businesses to help the relief effort. And though self-isolating may at times be hard, many people of all faiths and none, are discovering it presents an opportunity to slow down, pause and reflect, in prayer or meditation. The first broadcast I made in 1940, helped by my sister, we spoke from Windsor to children who had been evacuated from their homes and sent away for their own safety. While we have faced challenges before, this one is different. We will succeed and that success will belong to every one of us. Take comfort while we have still more to endure, better days will return; We will be with our friends and families again; we will meet again! But for now I send my thanks and warmest wishes to you all.

E.R.