

## **Are you lonely during this time of self-isolation?**

*Living alone in this time of self-isolation is very hard. Human contact keeps us going, and however comfortable we are with our own company, we all need others from time to time. Telephones and computers can help us keep in touch. Don't be afraid to pick up the phone and call someone. If you would like to speak to our Rector, Barnaby you can call him on 01483 222 573.*

*If you are feeling lonely, we hope that these words will bring comfort to you.*



When you're lonely, I wish you love.  
When you're down, I wish you joy.  
When you're troubled, I wish you peace.  
When things are complicated, I wish you simple beauty.  
When things look empty, I wish you hope.  
*When You're Lonely*

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For God has said, 'I will never leave you; I will never abandon you.' Let us be bold, then, and say, 'The Lord is my helper, I will not be afraid. What can anyone do to me?'  
*Hebrews 13 vs 5-6*

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Do not be afraid - I am with you! I am your God - let nothing terrify you! I will make you strong and help you; I will protect you and save you.

*Isiah 41 v 10*

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If you love me, you will obey my commandments. I will ask the Father, and he will give you another Helper, who will stay with you for ever.

When I go you will not be left alone; I will come back to you.

*John 14 vs 15-16 & 18*

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I found God in the morning.  
We just sat and talked.  
I kept him near me everywhere I walked.  
I called him God at noontime, a heart filled with despair.  
I felt his quiet presence, I knew He was there.  
We met again at sunset,  
The waning of the day,  
I had made him happy, I had lived his way.  
Then at bedtime I knelt  
Silently in prayer.  
Again his gentle presence I felt:  
'Someone does care'.