

## March 2020 Reflection

The year 2020 is only just upon us and already we seem to be living in difficult times. There is much wrong in the world at the moment. Some of its tragedies feel remote from us and do not affect our daily living directly. There are tragedies might be closer and have happened perhaps in places we are familiar with - holiday destinations or countries where loved ones are living. We feel the sadness but also a sense of hopelessness. How can we change things for the better ? Only by shouting and writing , even if no one hears or reads ! They might hear us. If we do nothing, they definitely won't.

This month we are faced with the corona virus and it is right here on our doorstep or might be soon. The instructions have been going out - Wash hands frequently, Avoid crowds, Avoid physical contact like handshakes, Pay with contactless instead of cash, If you are older be even more careful. etc. There are other ways to greet without shaking hands as we have been shown.

We in our family have made two resolutions: First to keep ourselves healthy and clean and follow the advice the health services give.

Secondly to stay in touch with family, friends and neighbours, especially the older ones. If they are staying indoors more we can still telephone and we can still e mail them or talk on Messenger or WhatsApp. Let us not ignore them or forget them.

For those who follow the National Unitarian Fellowship our advice is 'Stay Spiritually Strong !' Whether you pray or meditate or just give yourself personal time each day, stay spiritually strong and encourage others to do likewise.

It is too easy to succumb to worry and anxiety about this situation or any bad situation. As one post I saw on facebook said, 'There will be plenty of fake news because fake news is free to post'.

Worry stirs negative emotions and these in turn affect our feelings of wellbeing and can lead to depression.

We need to stay strong and positive in ourselves and transmit those feelings to everyone around us.

So please, follow the advice, wash your hands and stay spiritually strong.

I am Tony McNeile the minister to the National Unitarian Fellowship.