

The Journey Community

Circles of Support

From now on *HOW* we act as a community is vital! We are being challenged along with the rest of the Church of England, indeed the rest of the world to:-

Support and care for each other safely and whilst we are apart, find ways of being together.



Of course this is already happening - so why introduce 'Circles of Support?' The answer is that as the weeks and months go by we will be better able to sustain support for each other if we have a system in place so we aren't dependent entirely on just how we feel. Because sometimes the last thing we might want is to reach out to someone else, but if we've made it a commitment ~ we're going to be far more likely to sustain love and care.

Everyone of us is going to need love and support during the pandemic - the most challenging crisis since the war.
We are being challenged to *live* our baptismal vows.

“Following Jesus is a life long adventure to love God, to love others and to love ourselves better and in doing so, to bring change into the world. Therefore I ask: Do you turn to Christ?

I turn to Christ.”

Over the next weeks and months, every time you have real care in your heart for yourself and others ~ you’re turning to Christ!

So what will being in a Circle of Support practically involve?

- Making a commitment to contact people in your circle *at least once a week* to genuinely ask how they are. If the person you contact has to stay at home then of course this will be by ringing; texting; messaging; Skyping or sending a card.
- As well as genuinely asking how a person is (and understanding that it’s not always easy for people to say,) sharing your love and support will be invaluable. A simple, “I’m here for you,” will mean the world.
- Offering to pray together once a week will take 5 minutes and is one of **the most powerful things** you can do.
- Keeping that person in your heart and prayers over the coming months.
- If it’s safe for you to do so - small acts of service if someone in your circle has to self isolate will be a life saver e.g getting milk & bread; picking up their prescription etc

So What Happens Next?

- Let me know if you DON’T want your contact details shared
- I will contact you over the next few days with the 5/6 people who will be in your circle.
- Please let me know if your contact details change

And of course you are absolutely free to contact and support as many other people as you want too!

OHANA.