

**From:** Ruth Ridge  
**Sent:** 03 April 2020 13:50  
**Subject:** Prayer update 3rd April 2020

Dear All,

Praying you are all keeping well and safe.

No specific good news story this week, but a general comment on the wonderful way so many are pulling together.

I also love the rainbows that are appearing everywhere. It's a wonderful sign of hope and a reminder of God's promise to Noah. To have a rainbow, you need rain or a storm, but the beauty of the sign reminds us of the good that surrounds us even in the difficult and frightening world today.

So, as we pray let's give thanks for the rainbows shining in our lives, for friends and family, for the beauty of nature and the wonder of springtime, for the helpers and goodness made visible and for this season as we prepare to celebrate Easter. God in Jesus has given us the best of rainbow promises - resurrection and new life.

Please can we pray this week for:

- All those who are ill and their family and friends. We are asked to remember especially Rob and Liz McNeish (No. 72). Can we also remember Norman and Eleanor Ridge as Norman is recovering from a fall.

- Pray for the work of local organisations supporting the vulnerable. Pray for Sudbury Community Network as it responds to an ever changing situation and pray especially for the work of Storehouse as they change their methods of working and face increased pressures both in receiving food donations and in finding ways to safely assess and deliver to clients. We also pray for Abi's Footprints as they continue to reach out to young families in the area.

- We remember those who are struggling with isolation. Those feeling lonely and frightened and those awaiting medical treatment which has been postponed. We pray for protection for those caring for vulnerable loved ones and those in situations where there is domestic abuse.

- We continue to pray for those working in the NHS and in the emergency services as they respond to the needs of the crisis and as they care for their own families.

- We pray for those who are particularly vulnerable in the current climate. For those who are homeless, those who are refugees with no proper shelter and those living in war zones.

- We remember those in prison, anxious about families and unable to receive visits. We pray for the staff and especially chaplains seeking to provide reassurance and comfort.

- We continue to pray for our churches, finding new ways to operate. We give thanks for the wide variety of resources and technology available and for those who are finding comfort in online worship who would not normally attend church. We pray for those who are unable to access these, that they might still be linked in to their worshipping communities.

- We pray that we might be able to truly follow and appreciate the story of Holy Week and Easter at this time as we remember the suffering that Jesus went through in order to bring us life.

If anyone has any specific prayer requests that you would like circulated via this network, please do let me know and please do encourage any others that you speak to who might like to join to send me an email so that I can add them to the list.

God bless you and keep you.

Ruth.