

Good Morning St Mary's Almondsbury,

These words jumped up at me from today's readings:

For I held my tongue;
my bones wasted away through my groaning all the day long.
(Psalm 32:3).

We all need to talk. So please don't bear a burden by yourself: speak to someone. Also talk to God by praying the Lord's prayer and see where it leads. Please also keep on being aware of others and give them opportunity to speak. Listening is a great gift. We should never walk alone.

There is a box to donate food for the Bristol North West Foodbank in the village shop <https://www.bristolnorthwestfoodbank.org.uk/>.

Tomorrow at 10am we will be live streaming a service from the Vicarage. This can be viewed on <https://www.facebook.com/St-Marys-Church-Almondsbury-730715950415825/>. It can be viewed at any time afterwards. An order of service is attached.

Keep safe and continue being kind. I have been so heartened by hearing of so many people supporting others. If you have a particular issue please email or phone Alison or me on 01454 613223.

Please remember the clocks go forward tonight.

With my prayers

Philip