

## IN CONVERSATION WITH THE CHAPLAINCY



[Revd Dr Fiona Stewart-Darling](#) writes - It is nearly August and at last many of us are hoping to escape our homes and homeworking for a change of scene away from our computer screens after being at home since the end of March. (Although I know for some working at home has not been possible given the jobs they do). I have heard many stories from people missing being in the office, missing being around people and having conversations. For some WFH has been very isolating and lonely. I know that the companies are slowly welcoming people back to the office in phase returns from September (although a few are back now), some are really looking forward to being back, while others are anxious after WFH for so long. Others are concerned about a second wave of Covid 19 and we have seen spikes in the North of England as well as in Europe (affecting peoples holiday plans).

We have all missed various communal activities, whether its family gatherings, dinner with friends, sport, or going to our places of worship. We are all living with a new reality, personally, economically and socially, life is going to continue to be different, our ability to cope is in that we are social beings and we can support one another and look out for each other. I believe God created us for and in community and in that lies our strength and our hope.

We hope you all do manage to take holiday soon and find refreshment and renewed hope and strength.

[Rabbi Dr Moshe Freedman](#) writes - The Jewish calendar contains many joyous festivals that commemorate important historic events. However, the current period of the Jewish year, known as The Three Weeks, reflects the saddest events surrounding the destruction of the First and Second Temples in Jerusalem. This period is commemorated by fasting and observing the laws of mourning as it marks the beginning of the ongoing exile of the Jewish people from the Land of Israel.

A home is not just a protective place, it is the geographical anchor which gives a sense of security. The pain of exile results in uncertainty and the sense of anxiety of not knowing what the future may hold.

When something as devastating as the coronavirus pandemic affects us globally, the fundamental aspects of society which are supposed to guarantee our security and wellbeing, such as our economy, healthcare system and freedom, are undermined. Little wonder that our sense of foreboding and general anxiety has been amplified by this uncertainty. This can lead us to be more irritable and snappy, affecting the relationships we have with those closest to us. Being cognizant of our more fragile state and compromised mental health can help to mitigate its effects. But talking things through can really help by putting things into perspective and give us the opportunity to find expression for our concerns.

[Shaykh Ibrahim Mogra](#) writes - There has been much talk about how the lockdown, and the pandemic in general, has disrupted regular worship in mosques. The conversations regarding Ramadan and night prayers were most difficult, including `Id prayers to mark the end of the fasting month. Now we are pained by the news that pilgrims intending to perform the hajj will not be able to do so. All healthy Muslims who can afford it are required to make the pilgrimage once in a lifetime.

The Saudi authorities have drastically restricted numbers and have allowed only 1000 Saudi citizens to perform the pilgrimage. I personally know many fellow Britons who had planned to go; some as individuals, but many mostly as families. A young person I know was hoping this would be his first trip to Makkah, the holy city. He is devastated by the news. I, however, see it differently at least when it comes to reward from God. The Prophet Muhammad taught that actions are judged by intentions. So, all those who had made an intention to go will receive their full reward of a Hajj, I say, as a 'bonus'. They will also be rewarded for enduring the pain and for their patience. So, all in all, not a bad transaction! I pray for all of them and others who have never been, that the day may come soon when they can safely perform their hajj, one of the five pillars of Islam. `Id mubarak! May you have a wonderful time with your family.

**CHAT TO A CHAPLAIN** - Just to remind you that through this strange and challenging time should you or a colleague want to chat to a chaplain we are still available and can be contacted via the contacts page on our website.

[www.canarywharfchaplaincy.co.uk](http://www.canarywharfchaplaincy.co.uk)

**SAVE THE DATE!** 16 September 2020

Next Panel Discussion

'Covid: Exploring the ethical Issues for Business'

More details to follow shortly.

#safepacetochat

#ethicsvaluesfaith